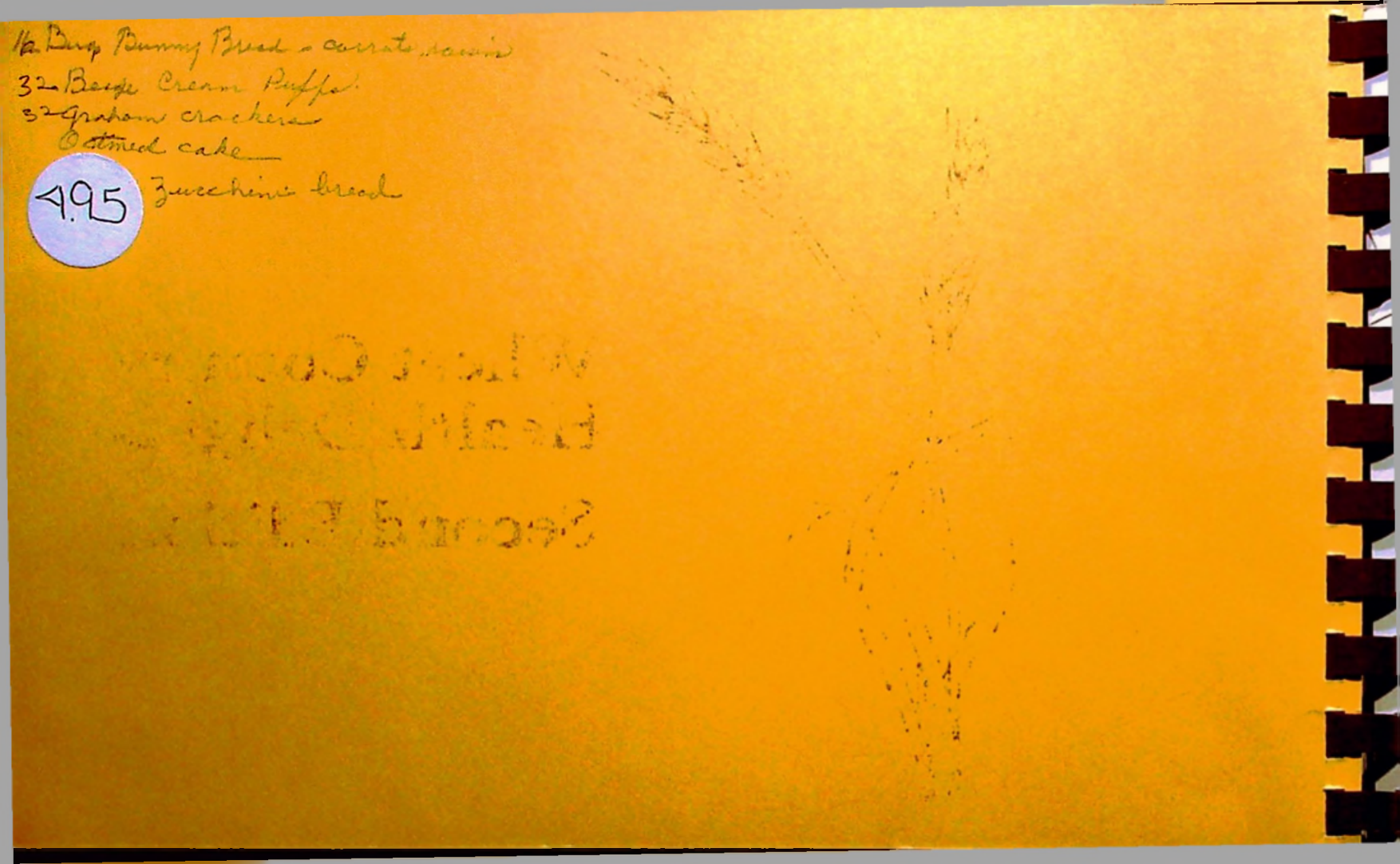
Wheat Country Health Delights

Second Edition

1/2 Bugs Bunny Bread - carrot, raisin
32 Beige Cream Puffs
32 Graham crackers
Oatmeal cake
4.95 Zucchini bread



Wheat Country Health Delights
Volume II

A Product of

Ebert Farm Supply
Route 1, Box 29A
St. George, Kansas 66535

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This book is dedicated to my husband John, who grows the golden grain and yet endures despite the economy, the weather, the insects, and etc.

The Trade-Mark, "From The Land Of Kansas", is used as a marketing tool to identify and promote Kansas products domestically and in export markets. It allows consumers to choose quality Kansas products in the marketplace and to stimulate pride in the important Kansas agricultural industry.

The Marketing Division of the Kansas State Board of Agriculture has registered the symbol of the native Kansas Sunflower centered in the outline of the state, superimposed with the slogan "From The Land Of Kansas", with the Kansas Secretary of State to ensure that it will be used in an appropriate manner for Kansas agriculture. Written authorization from the Marketing Division is required to use or reprint the registered Trade-Mark. The Marketing Division encourages Kansas Agricultural Producers Organizations, individual producers, and Kansas companies marketing Kansas products to use the Trade-Mark as a promotional tool to assist consumers by ensuring selection of quality locally produced products.

The Trade-Mark is used here with the permission of the Marketing Division. For more information, please contact the Marketing Division, Kansas State Board of Agriculture, Topeka, Kansas 66612.

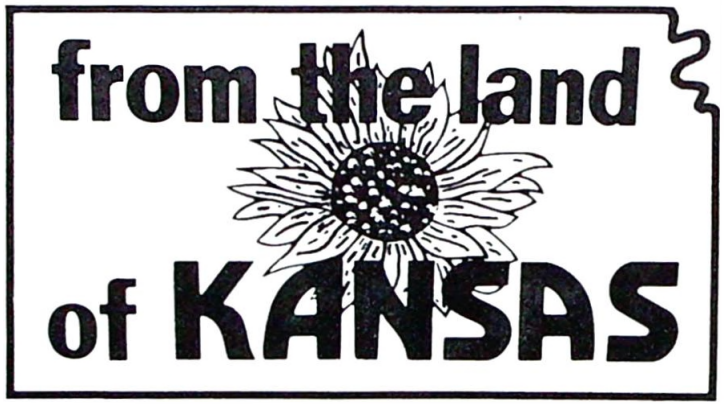
Agriculture is our state's major industry and our nation's biggest business. Kansas farmers and ranchers are dependent for success on the wise use of capital, management techniques and technology, but constantly at the mercy of nature. With trust in the land those involved in the highly complex agricultural business produce with a tradition of pride in keeping America and the world fed and have made Kansas the "breadbasket of the nation."

Kansas is known best as the "The Sunflower State" and "Wheat Country" because of it's golden flowers and fields and because it ranks number one among the states in wheat production and flour milled, yielding about a fifth of the country's finest quality wheat. One third of the state's wheat which is high in protein, other nutrients and gluten strength is processed and used in the United States. Each year two-thirds of the wheat produced in Kansas is available for exporting a most important aspect of the state's economy.

Every morsel counts towards a balanced diet when Kansas wheat products are combined with other nutritious Kansas agricultural products. In addition to wheat; beef, carrots, oats, dairy products, cheese, eggs, honey, apples, apricots, zucchini, pecans, walnuts and other homegrown fruits and vegetables flow from the Kansas cornucopia, and can be used to implement the recipes contained in this book.

Buy products "From The Land Of Kansas" and enjoy the harvest.

Wheat



United Farm Wives of America, Inc.

The United Farm Wives recommends this book because it encourages the use of fine Kansas food products, especially wheat, in a nutritious, delicious manner to help assure the health of our nation.

Riley-Pottawatomie Chapter

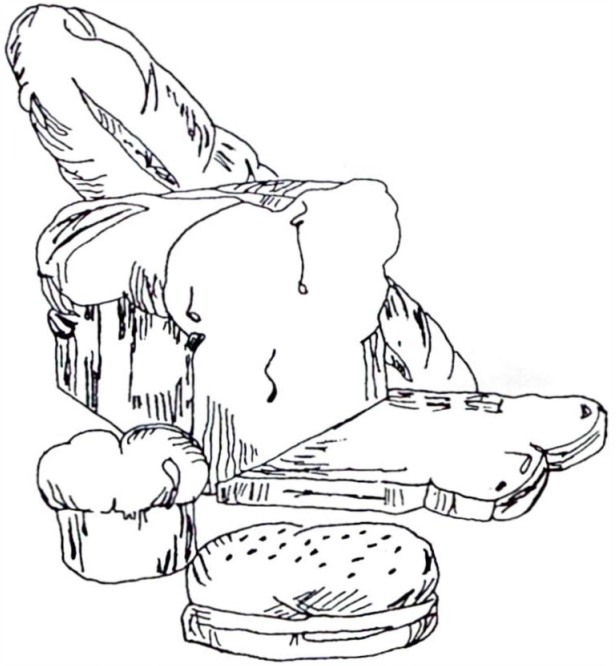
The United Farm Wives encourages everyone to use whole grain wheat in a balanced, nutritious diet.

Kansas Chapter

"From Producer To Consumer With Understanding"

The author acknowledges with gratitude the statements submitted for publication in this book by the Kansas chapters of the United Farm Wives of America and the Kansas State Board of Agriculture.

A nation abundant with farmers
Shares the eternity found in their grain,
But to the nation without
Tomorrow must feed on a dream.



Few things can rival the aroma of freshly-baked goods coming from anyone's kitchen. Even if it is inconvenient to bake on a regular basis, an occasional homemade surprise will delight the whole family. The additional health and taste qualities unique to natural whole grains will make all these products the envy of everyone.

Wheat is truly the staff of life. Among other things, whole wheat flour provides protein, minerals, vitamins, gluten, and vital gluten (the substance used in intravenous feedings by hospitals all across America to help every patient achieve a speedy recovery). Natural whole grains also contain the high fiber content necessary to the maintenance of good health.

These recipes are all kitchen-tested, and accompanied by easy-to-follow instructions. A glossary of helpful hints is included to insure that even beginners will be tempted to keep all these recipes a 'family secret' right from the start.

However much time there is for baking, it is hoped this book will become a treasured friend in your kitchen for years to come.

Good Health and Good Eating
from Kansas, the Wheat State

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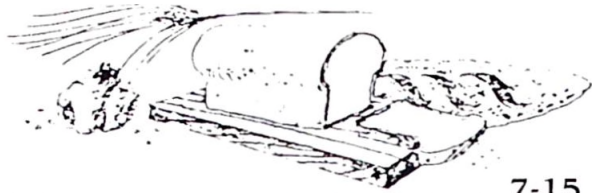

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Perfect Whole Wheat Health Bread

(Editors note: This bread is famous for its moist, non-crumbling texture.)

4½ cups whole wheat flour
1½ teas. salt
2 Tbls. cooking oil
3 Tbls. sugar or honey
1 egg
1 cup canned plums
2 Tbls. cornstarch
½ cup warm water
1 pkg. yeast

1. Sprinkle yeast over ½ cup warm water and set aside about 5 minutes. May be gently stirred.
2. Drain plums and remove pits. Puree in blender to a pulp with cornstarch. Heat warm in medium pan with sugar, oil, salt, and egg stirred in. Do not overheat.
3. Sift 1 cup flour into pan, mix, then add yeast, mix, and continue mixing in flour 1 cup at a time, saving some for dusting kneading surface.
4. Turn dough out, knead until spongy and elastic, about 4 minutes. Put 1 extra Tbls. oil in pan, turn to coat sides and bottom. Put dough in pan, turn to oil dough top. Cover, let rise until double about 1½ hrs.
5. Turn out and knead lightly. Shape into 1 standard loaf and put in a greased loaf pan to rise about 45 minutes. Bake in 375 degree oven 30 to 35 minutes. Remove and brush with melted butter.

Yeast

Apricot Bread

1. Substitute 1 cup canned apricots for plums. Increase honey to ¼ cup. Prepare as above.

Nut - Raisin Bread

1. 1 cup raisins and or 1 cup nutmeats can be added to bread. Increase sweetener to ⅓ cup.

Oddity Bread

1 egg
1-14 ounce can pork and beans
1 Tbls. yeast
¼ cup warm water.
2¾ to 3 cups whole wheat flour
1 teas. salt
¼ cup cooking oil
½ cup brown sugar

1. Puree pork and beans, place in medium pan and heat warm to the fingertip with brown sugar, oil and egg stirred in.
2. Soften yeast in ¼ cup warm water.
3. Stir in one cup flour with bean mixture, add yeast, stir in, and add flour to make stiff dough. Turn out, knead, and place in oiled pan to rise, covered, until double.
4. Punch down, knead, and shape into standard loaf for a small loaf. Place in greased pan to rise until double, about 1 hour. Bake at 375 degrees for 30-35 minutes.
5. For variety, reduce brown sugar to ¼ cup and add ¼ cup molasses. Prepare and bake as above.

Big Batch Health Bread

½ cup warm water
2 pkgs. yeast
10 cups whole wheat flour
⅓ cup honey or brown sugar
1 Tbls. salt
¼ cup oil or melted shortening
2 eggs
4 Tbls. cornstarch
2 cups water

1. Heat 2 cups water with oil and honey or sugar until dissolved. Add salt and cool. Beat in both eggs.
2. Place ½ cup warm water in cup, sprinkle yeast over top. Let soften, can be gently stirred to help dissolve all yeast.
3. Sift 2 cups flour and cornstarch into large mixing bowl. Add Step 1 mixture and mix well. Add yeast mixture and mix again.
4. Add remaining flour 2 cups at a time, mixing well after each addition. When dough pulls from bowl and will no longer stir, turn out on floured surface. Whole wheat dough can be sticky, so oiling your hands will help. ½ cup extra flour may be added during kneading. Knead until spongy and elastic, and surface becomes somewhat 'pocked' like.
5. Grease bowl, and return dough, turning to oil top. Cover and let rise in warm place about 1½ hours.
6. Turn out on lightly-floured surface, knead briefly, cut dough in half and shape into loaves. Loaves can be shaped by rolling out with rolling pin, then rolling dough back up or kneaded into loaf-shape.

   This bread is extremely impressive when baked in the black, half-round French bread pans. It may even delight you by bulging out the ends, so leave some room for expansion.

   Regular loaves are beautiful, too. Whatever you choose, grease the pans well. Let rise again until double, about 1 hour, brush tops with oil, do not cover. Bake at 375 degrees 25 to 30 minutes for French bread loaves, and about 30 to 35 minutes for regular loaves.
7. French bread loaves can be frozen in airtight container. Can be reheated wrapped in foil.
8. The cinnamon loaf from page 21 can also be baked in the black half-rounds. Let rise and bake at 375 degrees for 25 to 30 minutes.

Easy French Bread

4 to 4¼ cups whole wheat flour
1 teas. salt
2 Tbls. brown sugar
2 Tbls. oil
1 Tbls. yeast
2 cups warm water
melted butter or margarine

1. In warm, large bowl, sprinkle yeast over 2 cups warm water and let set until softened. Then add sugar, oil, and salt and stir in. Add flour and stir in well. Cover dough.
2. As dough bubbles up, stir it down about a half dozen times over a two hour period. Then turn it out on floured surface and knead lightly then let rest for ten minutes. Knead and shape into oblong loaves or roll into rectangle and roll back up. Loaves may be set to rise on cookie sheet dusted with cornmeal or in greased, black half-rounds. Make thin slashes diagonally in loaves and brush with melted butter for softer crust.
3. When double, bake in 375 degree oven 35-40 minutes. For crisper crust, bake for 10 minutes at 425 degrees then turn oven down to 375 for about 25 minutes. After removing from oven, loaves should be removed from black half-rounds.

French Bread

3 cups whole wheat flour
3 cups white flour
3 Tbls. shortening, softened
2 cups warm water
2 pkgs. yeast
2 teas. sugar
1 Tbls. salt
cornmeal

1. Sprinkle yeast over warm water in large mixing bowl and wait until dissolved. Sprinkle sugar over and wait until foam forms. Add two cups flour, and remaining ingredients, mix well. Add remaining flour 2 cups at a time, mixing well each time.
2. Turn out on floured surface and knead about 5 minutes till smooth and elastic. Lightly grease bowl, place dough in, turn to oil top. Let rise covered about 1½ hours.
3. Punch down, turn over, cover and leave 1 hour.
4. Divide dough and form loaves by rolling out then rolling back up or by shaping oblong loaves. Place in black half-rounds or on cookie sheet greased and dusted with cornmeal. Slash tops diagonally and brush egg white mixed with 1 Tbls. water. Let rise 1 hour.
5. Bake in oven preheated to 425 degrees for about 10 minutes. Brush again with egg white mixture, reduce heat to 375 degrees and bake about 30 minutes longer.

Spoon Bread

2 cups scalded milk
2 Tbls. cooking oil
2 Tbls. honey or brown sugar
1 teas. salt
1 beaten egg
3¼ cups whole wheat flour
1 pkg. yeast
¼ cup warm water

1. Add oil, sweetener, salt and egg to scalded milk after it is lukewarm.
2. Soften yeast in ¼ cup warm water.
3. Stir in 1 cup flour in milk mixture, add yeast mixture, stir in, and add remaining flour then stir vigorously. Dough will be gummy and will produce popping air bubbles.
4. Let rise, covered, 30 minutes, then again stir vigorously, once more for good measure and place in greased standard loaf pan to rise until not quite double or about 30 minutes. Bake at 350 degrees for 50 to 60 minutes. Do not burn.

Raised Corn Bread

1 cup milk, scalded
¼ cup honey
¼ cup cooking oil
1¼ cups whole wheat flour
1¼ cups cornmeal
½ teas. salt
1 Tbls. yeast
¼ cup warm water

1. Cool scalded milk, stir in honey, oil, and salt.
2. Soften yeast in ¼ cup warm water and add to milk mixture, then stir in flour and cornmeal sifted together. Stir briskly 25 times and let rise about 30 minutes.
3. Stir down and pour into greased 8" square pan and let rise about 15 minutes. Bake 30 to 35 minutes in 350 degree oven.

Casserole Bread For A King

2½ to 3 cups whole wheat flour
1 cup cottage cheese
2 Tbls. sugar
¼ teas. baking soda
2 Tbls. butter or margarine
1 Tbls. minced onion
2 Tbls. dill seed
1 egg
1½ teas. salt
1 pkg. yeast
¼ cup warm water

1. Heat cottage cheese, sugar, butter, salt, onion, dill, and soda in medium pan. Stir and remove when butter melts. When lukewarm, add and mix in egg. In separate cup, soften yeast in ¼ cup warm water.
2. Sift 1 cup flour into liquid mixture and mix. Stir in yeast and remaining flour, mix well.
3. Knead dough until spongy and elastic. Oil pan, return dough and turn to oil top. Cover and let rise until double or about 1 hour.
4. Punch down, turn out and knead into regular loaf or shape for 8" round casserole. Put loaf in greased pan, slash and X in top of casserole loaf about ¼" deep. Cover, let rise until double about 45 minutes. Bake in 350 degree oven about 40 minutes.
5. Do not remove from pan for at least 20 minutes after removing from oven.

Beef Bread

1 cup cooked roast beef, finely ground or grated
2 Tbls. molasses
¼ cup water
1 cup applesauce
1 egg
⅓ cup honey
1½ teas. salt
2 Tbls. cooking oil
4¼ to 4½ cups whole wheat flour
1 Tbls. yeast
½ cup warm water

1. Combine molasses and ¼ cup warm water in medium pan. Stir and add grated beef and allow to sit.
2. Soften yeast in ½ cup warm water. Set aside.
3. Add applesauce, honey, egg and oil to beef mixture and heat, stirred until warm to fingertip. Remove from heat.
4. Stir in one cup flour, then add softened yeast, stir, and continue adding and stirring in flour until dough pulls from pan. Place on floured surface and knead.
5. Put dough in oiled pan, turn to oil dough top and let rise, covered, until double. Punch down, knead, and shape into standard loaf. Let rise double in greased loaf pan. Bake at 375 degrees 35 to 40 minutes. Remove to cooling rack, and remove from loaf pan in 10 minutes.

Arlene's Oatmeal Bread

5½ to 6 cups whole wheat flour
1 teas. salt
1 cup oatmeal
1 cup scalded milk
1 cup water
½ cup brown sugar or honey
¼ cup oil
2 Tbls. yeast
⅓ cup warm water

1. Add 1 cup hot water to scalded milk. Stir in oatmeal, oil, and sweetener. Set aside to cool.
2. Soften yeast in ⅓ cup warm water.
3. When oatmeal mixture is lukewarm, stir in one cup flour sifted with salt, and stir in softened yeast. Continue adding and stirring in flour until dough pulls from pan and can be kneaded on floured surface. Knead well and set in oiled pan, covered to rise until double.
4. Punch down, turn out and knead. Shape into 2 standard loaves and place in greased pans to rise. When double, bake about 1 hour in 325 degree oven. Brush loaves with melted butter or margarine.

Buttermilk Bread

3½ cups whole wheat flour
1 teas. salt
¼ cup brown sugar or honey
⅓ cup oil
1 cup buttermilk (Instant is fine)
¼ teas. baking soda
1 Tbls. yeast
½ cup warm water.

1. Soften yeast in ½ cup warm water.
2. Stir sweetener, salt and oil in large bowl. Add softened yeast, stir, then add buttermilk mixed with soda.
3. Add flour one cup at a time, mixing well each time. Turn dough out on floured surface, and let rest about 15 minutes then knead well. Cover in oiled pan and let rise until double.
4. Knead briefly, then shape into one standard loaf and place in greased loaf pan. When almost double, bake about 50 minutes in 350 degree oven, or until loaf thumps done. Remove to cooling rack, and turn loaf out in about 15 minutes.

Summer Tan Bread

9½ cups whole wheat flour
2 pkgs. yeast
½ cup warm water
2 cups milk
3 Tbls. oil
⅓ cup molasses
⅓ cup white corn syrup
½ cup brown sugar

Optional

1 cup raisins and ½ cup candied fruit

Or

2 teas. caraway seeds, 2 teas. grated orange rind, 1 teas. anise powder

1. Scald milk with molasses, corn syrup, brown sugar, and oil. Milk will clabber. Add salt and set aside to cool.
2. Dissolve yeast in warm water.
3. Mix in 2 cups flour in milk mixture in large bowl or pan. Mix in yeast, and continue mixing in flour 2 cups at a time. Dough will be heavy and sticky. Oil hands and knead lightly only in bowl. Let rise until double or about 1½ hours.
4. Turn out on floured surface, knead a few minutes and shape into two standard loaves. Let rise in greased pans until double or about 1 hour. Bake in 375 degree oven 50 to 60 minutes. Brush baked loaves with cream or butter.

Pocket Bread

1½ cups warm water
2 pkgs. yeast
2 Tbls. sugar
1 Tbls. oil
1½ teas. salt
2 cups whole wheat flour
½-1 cups white flour

1. Put warm water in medium mixing bowl, and sprinkle yeast and sugar over, leave until foam forms. May be gently stirred.
2. Sift 1 cup whole wheat flour and salt into bowl. Mix, and add oil and remaining flour, reserving ½ cup white flour for kneading surface.
3. Turn out and knead into elastic dough. Put in greased bowl, turning to grease dough top. Cover and let rise double about 1 hour.
4. Turn out on floured surface, knead and divide into 10 parts. Roll each into 5" round, put on greased, floured cookie sheets and let rise, uncovered, in draft-free place. Bake at 450 degrees about 7 minutes or until bottoms are golden.
5. Bread can be frozen in bags one or two at a time, ideal for singles. Also makes gourmet hot roast beef or turkey sandwiches with meat tucked in pockets, potatoes on the side and gravy overall. Any filling is good in this bread. A sharp knife will open pockets, if necessary.

White Loaf Bread

½ cup shortening
2 cups milk
½ cup sugar
3 teas. salt
2 eggs
10 cups all-purpose flour
2 pkgs. yeast
½ cup warm water
1 Tbls. sugar

1. Scald milk, add shortening, sugar, and salt. Mix until all are dissolved, add eggs and mix.
2. Soften yeast in warm water with 1 Tbls. sugar.
3. When milk mixture is lukewarm, add 2 cups flour, mix, add yeast, mix, and continue adding flour 2 cups at a time until dough pulls from pan.
4. Turn out on floured surface and knead into elastic, spongy dough. One more cup flour may be added during kneading if necessary.
5. Place in greased bowl, turn to oil top and let rise until double about 2 hours.
6. Turn out and shape into loaves after short kneading. Let rise until double about 1 hour and bake in greased pan in 350 degree oven about 35 minutes. Brush tops with melted butter for softer crust.

Pauline's Basic Sweet Dough

3½ to 4 cups all-purpose flour
½ teas. salt
¼ cup sugar
⅛ cup butter or margarine
1 cup milk
1 egg
1 pkg. yeast
¼ cup warm water

1. Scald milk, add butter, sugar, and salt. Stir well and set aside to cool.
2. Soften yeast in ¼ cup warm water.
3. Add egg to milk mixture, mix well, and mix in one cup flour.
4. Add softened yeast to cooled mixture, mix, and continue adding flour until soft dough is formed.
5. Turn out on floured surface and knead until smooth and elastic. Add about 1 Tbls. oil to pan, turn to coat sides and bottom. Put dough in, turn to oil top, cover and let rise about 1½ hours.
6. Turn dough out and shape into golf-ball sized rolls. Put in 13 x 9 greased pan, leaving room between rolls for expansion. Let rise about 45 minutes then bake in 375 degree oven about 20 minutes. Brush tops with melted butter after removing from oven for softer crust.

Batter Bread

4½ cups all-purpose flour
1 teas. salt
1 cup milk
3 Tbls. sugar
2 Tbls. butter or margarine
1 cup warm water
2 pkgs. yeast

1. Scald milk, stir in sugar, salt and butter. Cool to lukewarm.
2. Put warm water in warm mixing bowl, and sprinkle yeast over, then wait a few minutes. Stir gently to dissolve all yeast.
3. Slowly stir in 1 cup flour, then add milk mixture and rest of flour until batter is stiff, mixing well. Beat to blend about 2 minutes. Cover and let rise in warm place free from draft about 45 minutes or more than double in bulk.
4. Stir batter down, and stir vigorously for about ½ minutes. Turn into 2 greased 9 x 5 x 3 pans. Let rise and bake in oven preheated to 375 degrees about 50 minutes. Do not burn.

Doughnuts

¾ cup milk, scalded
¼ cup shortening
⅓ cup sugar or brown sugar
2 beaten eggs
3½ cups whole wheat flour
1 pkg. yeast
¼ cup warm water

1. Add shortening and sugar to scalded milk, and stir until dissolved. Use wire whip to mix in eggs, then add 1 cup flour.
2. Soften yeast in warm water and stir into milk mixture. Add remaining flour until soft pliable dough can be kneaded. Let rest 10 minutes and knead into smooth elastic dough.
3. Let rise double, in greased, covered bowl, turning to oil dough top. Punch down, and let rise again. Turn out and knead, then roll out on floured surface and cut with doughnut cutter.
4. When doughnuts are very light, deep-fry in 375 degree hot oil, turning to brown both sides. Lift with basket or split spoon and cool on absorbent paper. May be glazed or rolled in sugar. Best when fresh.

Non-Yeast

Bugs Bunny Bread

1 ½ cups finely grated carrots
½ cup nutmeats
½ cup raisins
1 teas. cinnamon
¾ teas. nutmeg
¼ teas. salt
1 teas. baking soda
1⅔ cups whole wheat flour
1 cup sugar or packed brown sugar
2 eggs
⅔ cup salad oil

1. Cream sugar with oil, then add eggs and cream well.
2. Sift all dry ingredients, and add to creamed ingredients, blending well.
3. Add carrots, mixing well. Stir in raisins and nutmeats.
4. Grease standard loaf pan, and pour batter in. Bake in 350 degree oven for 1 hour.

Zucchini Bread

3 cups whole wheat flour
2 teas. baking powder
1 teas. cinnamon
½ teas. ginger powder
¼ teas. clove powder
3 cups finely grated zucchini
1 cup cooking oil
¾ cup honey
2 beaten eggs
1 teas. vanilla extract
½ teas. almond extract
1 cup broken nutmeats
1 cup diced raisins

1. Grated zucchini should be placd in a towel and pressed to remove excess moisture.
2. Combine in large bowl the oil, eggs, honey and flavorings, cream thoroughly.
3. Sift dry ingredients and add in portions to creamed mixture, blending well at low speed.
4. Stir in nuts and raisins. Bake in greased loaf pan at 325 degrees about 1 hour or until loaf thumps done. Remove to cooling rack.
5. Serve at room temperature. Bread may be aged a day or two, and can be frozen, wrapped in air-tight wrapping. Yields 1 standard loaf.

Gingerbread

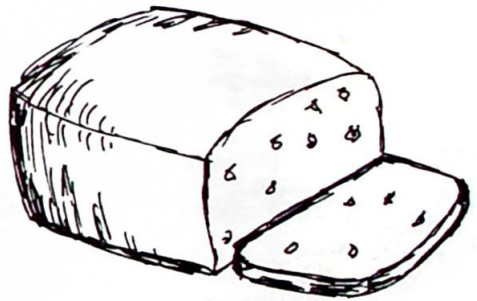
1 1/3 cups whole wheat flour
1/2 teas. salt
3/4 teas. baking soda
3/4 teas. ginger
3/4 teas. cinnamon
1/2 cup molasses
1/2 cup shortening
1/2 cup sugar or packed brown sugar
1 egg
1/2 cup boiling water

1. Soften shortening by stirring, add sugar and beat well. Add egg and molasses, and blend well. Color will lighten.
2. Sift dry ingredients all together, then add to liquid mixture alternately with boiling water. Mix well, scraping sides and bottom of bowl.
3. Immediately pour into greased 8 x 8 x 2 pan and bake in 350 oven 35 to 40 minutes.
4. Best served warm with whipped cream or similar topping.

Basic Banana Bread

1 1/2 teas. baking powder
2 cups whole wheat flour
1/2 teas. baking soda
1/2 teas. salt
1/3 cup shortening
2/3 cup sugar or packed brown sugar
2 beaten eggs
1 cup mashed bananas
1/2 cup nutmeats

1. Cream shortening and sugar, add eggs and cream well.
2. Sift dry ingredients, and add alternately with bananas to creamed mixture. Stir in nutmeats.
3. Grease and flour a standard loaf pan. Pour batter in, and bake at 350 degrees for 1 hour or until well done.



Variety Nut Bread

3 cups sifted whole wheat flour
½ teas. salt
4 teas. baking powder
¾ cup brown sugar
1 beaten egg
1 cup milk
1 teas. vanilla
1 cup broken nutmeats

1. Sift dry ingredients together in medium mixing bowl.
2. Stir liquids together and add to dry ingredients, stirring together well.
3. Stir in nutmeats and pour batter into greased standard loaf pan. Bake about 1 hour at 350 degrees.

Rich Spice Oatmeal Bread

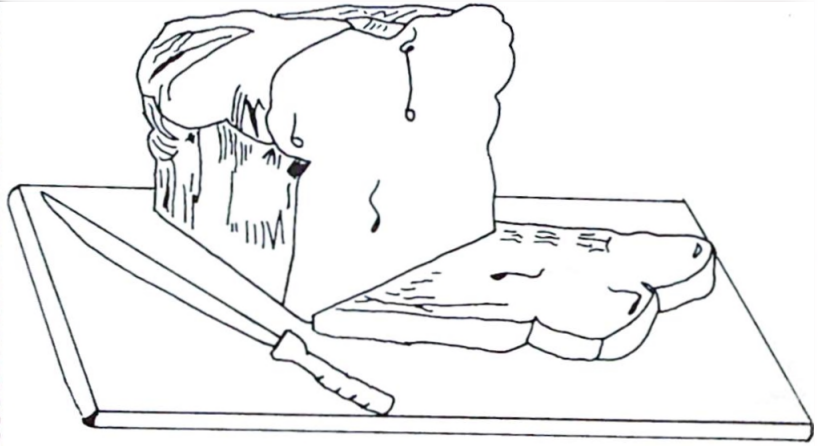
1. Follow directions for Oatmeal Bread, and add ½ teas. cinnamon and nutmeg, and ¼ teas. clove to dry ingredients. Reduce sugar to ½ cup, and add ½ cup honey or molasses, and add ¼ cup oil. Prepare and bake as above.

Oatmeal Bread

1. Reduce flour to 2¼ cups, and stir in 1 cup quick oatmeal with nutmeats. Bake as above.

Nut Raisin Bread

1. Stir in 1 cup raisins with nutmeats in Variety Nut Bread recipe. Bake as above.



Fruit Bread

2 cups sifted whole wheat flour
½ teas. salt
2 teas. baking powder
1 teas. soda
1 cup sugar
1 egg
3 Tbls. oil
1 cup orange juice
½ cup broken nutmeats
1 cup halved cranberries
Or
chopped dried fruit - apricots, cherries, etc.
2 teas. grated orange rind
Or
citron pieces

1. Sift dry ingredients together.
2. Combine egg, oil, and orange juice, stirring egg in well.
3. Stir into dry ingredients only until all flour is moistened.
4. Stir in nutmeats, fruit and rind. Pour batter into greased loaf pan and bake at 350 degrees for 1 hour.
5. This bread is good fresh or aged a day or two, and delicious with whipped cream or soft sauce.

Grapenut Bread

1 cup sour milk
½ cup evaporated milk
¾ cup grapenuts
½ cup packed brown sugar
2 eggs
2 cup sifted whole wheat flour
2 teas. baking powder
1 teas. soda
¼ teas. salt

1. Combine milks and add grapenuts. Let sit 20 to 30 minutes. Stir in eggs and sugar.
2. Sift dry ingredients and stir into liquid until well mixed.
3. Pour into greased loaf pan and bake at 350 degrees about 55 minutes.
4. Chopped dried fruit, raisins, and or nutmeats may be added for variety.

Grapenut Stuffing Bread

1. Reduce flour to 1¾ cups, soda to ½ teas., and eliminate eggs. Bake as above. When cool, slice and leave to dry on rack. When dry, cut into size chunks desired for stuffing. Season with desired seasonings and use for stuffing turkey, chicken, etc.

Shapes for Rolls

Pinwheel Rollups — Roll dough thin in a circle as for pie crust. Cut as for pizza in about 8 pieces and roll each piece from wide edge to point. Set to rise with point on under side.

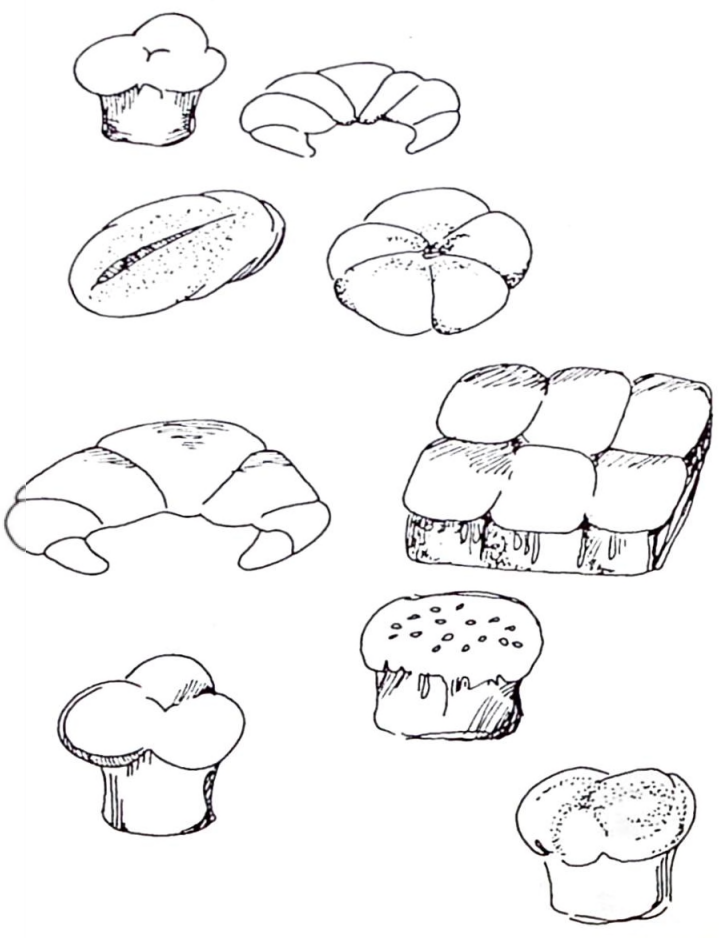
Cloverleaf Rolls — Roll dough in palms into 1" balls, then place three in greased muffin cups. Set to rise and brush with butter.

Butter Flake Rolls — Roll dough very thin into 9" square. Brush on melted butter and cut strips about 1½" wide, then stack 6 strips together. Cut into 1" pieces and place cut side down in greased muffin cups. Set to rise.

Parker House Rolls — Roll dough out about ½" thick and cut with biscuit cutter. Brush with melted butter and fold, pressing edges together. Set to rise on cookie sheet, leaving room for expansion.

Hamburger Buns — Use about ⅓ cup size pieces of dough, roll and shape in palms to flattened circle. Set to rise on greased cookie sheets, leaving room for expansion.

Hot Dog Buns — Use about ⅓ cup size pieces of dough, roll and flatten to oblong shape for franks and set to rise on greased cookie sheets.



Butter-Ready Rolls — Roll dough about ¼" thick, cut with cookie cutter, brush with melted butter and set two on top of each other. Set to rise on greased cookie sheets.

Cinnamon Rolls — Using any sweet dough, roll out thin, then smear with ½ cup softened butter or margarine, ½ cup brown sugar, sprinkle 2 Tbls. of white sugar and 1 Tbls. cinnamon. Roll dough up and slice about 1" slices. Set to rise on greased pan. For richer rolls, stir in cream and brown sugar in bottom of pan, and set rolls on top. Nutmeats may also be added.

Sweet Rolls — Using any sweet dough, roll out thin, smear with ½ cup softened butter and brown sugar, then add rind of oranges, citron, diced dried fruit, or any number of combinations. Set to rise in greased pan, and add glaze when baked. Nutmeats may also be added.

Braided Bread — For sweet or regular braided bread, divide dough into thirds, then divide into thirds again. Roll each into a long strip, then braid three strips together loosely. Work from the center. Ends should be pinched, or braid can be circled on greased cookie sheet and ends pinched together. Cover with damp cloth or brush with melted butter and set to rise.

Bubble Loaf — Sweet dough makes fine bubble loaf. When dough is kneaded down and ready to shape, shape into quarter-sized balls, roll in melted butter, cinnamon and sugar, then set to rise in a greased bundt or tube pan to ½ half full. Bake at 375 degrees about 40 minutes or until done. Turn pan over after removing from oven.

Cinnamon Loaf — Reserve dough for standard loaf, and roll about ½" thick. Brush with melted butter, and sprinkle with sugar and cinnamon to taste then roll up pinching edges. Rise in greased pan, and bake at 375 degrees 35 to 40 minutes, or until done. Brush with melted butter after removing from oven.

Rolls

Busy Day Rolls

6½ cups whole wheat flour
2 pkgs. yeast in cool water
1½ teas. salt
1 cup boiling water
1 cup shortening
1 cup sugar
2 beaten eggs
1 cup cool water

1. Add shortening, sugar, and salt to boiling water. Mix and cool well. Add eggs, and mix in well.
2. Dissolve yeast in cool water, stirring to creamy liquid.
3. Sift 2 cups flour into cooled ingredients, add yeast mixture, mix, and continue adding flour 2 cups at a time until dough pulls from pan. Place dough in large bowl and refrigerate, covered well. Can be stored up to 7 days.
4. Remove portion of dough desired 3 hours before serving time, knead, shape into rolls, and let rise in greased pan. When doubled in bulk, bake in 400 degree oven 15 to 20 minutes.

Country Prize Rolls

8 cups whole wheat flour
2 pkgs. yeast
½ cup warm water
2 teas. salt
1 cup milk
½ cup sugar or packed brown sugar
⅓ cup shortening
3 eggs

1. Scald milk, stir in shortening, sugar, and salt. Cool. Add eggs and mix well.
2. Soften yeast in ½ cup warm water. Set aside.
3. Sift 2 cups flour into milk mixture and mix well. Add yeast mixture, mix, and add flour 2 cups at a time until dough pulls from pan.
4. Turn out and knead well on floured surface. Oil bowl, return dough, turn to oil top. Let rise until double or about 2 hours.
5. Turn out, knead a few minutes, shape into rolls and place in greased pan. Let rise about 1 hour and bake at 350 degrees 20 to 25 minutes.
6. For sweet dough, increase sugar to ¾ cup.

Harvest Rolls

4½ cups whole wheat flour
2 pkgs. yeast
½ cup warm water
1½ cup warm buttermilk
(Instant is fine)
3 Tbls. sugar
½ cup melted shortening
½ teas. soda
1 teas. salt

1. Dissolve yeast in ½ cup warm water and set aside. Sprinkle with 1 teas. sugar.
2. Combine remaining ingredients, except flour, and mix well. Sift in 2 cups flour and stir well. Add yeast mixture and mix in well. Add remaining flour 1 cup at a time until smooth dough is formed.
3. Knead dough on floured surface. Cover, let rise 30 minutes in warm place. Punch down, knead, and shape into rolls. Place in greased pans and rise again for 30 minutes.
4. Bake in 400 degree oven 15 to 20 minutes. Brush with melted butter after removing from oven.

Dinner Rolls

3¾ cups whole wheat flour
1 pkg. yeast
⅓ cup warm water
¾ cup applesauce
3 Tbls. oil
1¼ teas. salt
1 egg
¼ cup sugar

1. Mix applesauce, sugar, salt, oil, and egg in pan. Heat to lukewarm.
2. Soften yeast in ⅓ cup warm water.
3. Add 1 cup flour to liquid mixture, mix well. Add softened yeast, mix, and add flour 1 cup at a time until dough pulls from pan.
4. Turn out dough, knead, and put 1 Tbls. oil in pan. Turn to coat sides and bottom, return dough to pan, cover, and let rise double about 1½ hours.
5. Turn out, knead, and shape into ping-pong sized balls. Place in greased pans and cover. Let rise about 45 minutes and bake in 425 degree oven about 20 minutes.

Rock Creek Rolls

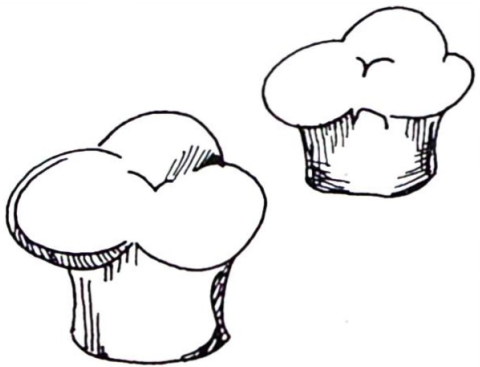
4¼ to 4½ cups whole wheat flour
1 pkg. yeast
1¼ cups warm water
1½ teas. salt
1 egg white

1. Put warm water in medium bowl, sprinkle yeast over top. When yeast dissolves, add 1 cup flour and salt, mix. Add remaining flour until dough is very stiff. Cover and let rest 10 minutes. Turn out and knead very well. The extra ¼ cup flour may be added. Knead till very elastic. Cover and let rise in greased bowl about 1½ hours.
2. Punch down, let rise again about 1 hour.
3. Turn out, knead, shape into 3" patties in palm of hand. Place on cookie sheets dusted with cornmeal after greasing. Add 1 Tbls. water to egg white, mix, and brush on rolls. Sesame seeds may be used. Let rise for 1 hour brush again, and bake in 400 degree oven about 15 minutes. You may put boiling water in a shallow pan below the cookie sheets while they are baking.

Fence Posts

Bread Sticks are easily made from Rock Creek Rolls. Follow recipe through Step 2.

1. Turn out, knead, then roll pieces until pencil thin about 8" long. Pinch off chubby ends, reroll, and continue until desired sticks are formed.
2. Place on greased, cornmeal-dusted cookie sheets and let rise until double, brushing with egg white mixture. Coarse salt, sesame seeds, or poppy seeds may be sprinkled over the sticks. Bake in 425 oven after allowing them to rise. Bake 15 minutes. Pan of boiling water may be placed below sheets while sticks are baking.



Easy Noodles

¾ to 1 cup sifted whole wheat flour
1 beaten egg
½ teas. salt
2 Tbls. milk

1. Add milk and salt to beaten egg. Add flour to make very stiff dough. Knead a few times and roll very thin on floured surface. Let dry ½ hour, cut in ¼ to ½" strips and place on lint-free towel on rack or hang over an open-back chair to dry completely.
2. Drop into boiling salted water, or soup or stew and simmer uncovered for about 15 minutes.

Fluffy Dumplings

2 cups whole wheat flour
3 teas. baking powder
1 teas. salt
2 eggs
1 teas. sugar
⅔ cup milk

1. Sift dry ingredients. Beat eggs and milk together and mix in dry ingredients well.
2. Drop in rounded tablespoons on bubbling stew or soup. Cover tightly, and simmer continuously for 20 minutes. Serve hot. Dumplings may be removed and served on platter or separately in dish.

Corn Fritters

1¼ cups whole wheat flour
2 teas. baking powder
½ teas. salt
1 beaten egg
2 cups cut corn,
Or
thawed drained frozen corn
Or
one 16 ounce canned corn, drained
1 cup milk, or liquid from drained corn and enough milk to make one cup liquid.

1. Combine liquids, mix in sifted dry ingredients and corn and drop by tablespoons into 375 degree hot oil and fry until brown, about 3 minutes. Drain on absorbent paper. Serve warm with favorite syrup. Yields about 20 fritters.

Sweet Rolls

Sweet Dough

3½ to 4 cups sifted whole wheat flour
½ teas. salt
1 cup milk, scalded
⅓ cup brown sugar
¼ cup shortening
2 eggs
1 Tbls. yeast
¼ cup warm water.

1. Add sugar, shortening, and salt to scalded milk. Stir to dissolve, and cool. Add and beat in eggs, then one cup flour.
2. Soften yeast in ¼ cup warm water, add to above mixture, and add flour to make spongy dough. Let rest on floured surface 30 minutes, then knead well. Set in oiled pan, turning, covered until double.
3. Knead briefly, shape as desired, and bake at 375 degrees about 20 minutes.

Hurry Up Honey Buns

4 cups whole wheat flour
1 pkg. yeast in ¼ cup warm water
1 cup sour cream or half and half
3 Tbls. shortening
¼ cup honey
¼ teas. soda
1 teas. salt
1 egg

Topping

1 cup packed brown sugar
⅓ cup white sugar
¼ cup cream or half and half

1. Heat sour cream to warm. Stir in shortening to melt. Add honey, soda, salt, and egg. Mix well.
2. Stir in 1 cup flour, then yeast mix, and continue adding flour 1 cup at a time.
3. Turn out on floured surface, and knead a few minutes, then shape into rolls and put in a 13 x 9 pan, greased. Let rise 45 minutes.
4. Mix topping and pour over buns. Bake in oven preheated to 350 degrees 20 to 25 minutes.

Black Forest Poppy Roll

2½ cups whole wheat flour
¼ teas. salt
¼ cup milk
3 Tbls. sugar
⅓ cup butter or margarine
1 egg
1 pkg. yeast in ¼ cup warm water
½ teas. sugar

Filling

1 cup poppy seed
½ cup milk
2 Tbls. butter or margarine
2 Tbls. honey
1 Tbls. sugar
1 teas. cinnamon
½ cup raisins

1. Dissolve yeast in water with ½ teas. sugar. Set aside.
2. Scald milk. Sift flour, sugar, and salt into bowl, cut in butter with pastry blender or two knives. Add milk and egg, mix, add yeast and mix well. Knead on floured surface. Cover, let rise about 1 hour.
3. Combine topping ingredients and bring to boil. Simmer about 10 minutes. Poppy seeds may be ground. Cool topping thoroughly.
4. Roll dough about 10" by 12". Spread topping on, roll dough up, sealing edges. Place on cookie sheet about 15 minutes and bake in 350 degree oven about 30 minutes. Slice to serve.

Sinful Cinnamon Rolls

1. Prepare Perfect Whole Wheat Health Bread increasing sugar to ½ cup. Take bread through step 4, from page 7.
2. Combine ½ to 1 cup half/half or cream, ½ to 1 cup brown sugar, ¼ cup white sugar, and ½ cup nutmeats in bottom of a 13 x 9 greased pan. Tastes vary so much on sweet things you will have to decide how much to add. The more cream and sugar you stir in the more good 'goo' you'll get.
3. Roll dough thin in a rectangular shape on lightly-floured surface. Smear ½ cup butter over dough, then sprinkle brown and white sugar over the butter. Top with cinnamon to your taste (about 1 Tbls.) and nutmeats.
4. Roll up dough into a log, pinching final edge to keep goodies in. Cut with sharp knife about 1" wide and place in pan, leaving a little room for expansion. End piece should be placed cut-edge up.
5. Cover and let rise double or about 45 minutes. Bake in 350 degree oven 20 to 25 minutes. Best served warm and up-side down.
6. The whole pan can be frozen for use at a later date, just be sure to cover tightly.

Biscuits

Better Biscuits

3 cups whole wheat flour
1 teas. salt
3 teas. baking powder
2 teas. sugar
½ cup shortening
1 teas. baking soda
1¼ cups buttermilk
(Instant is fine)

1. Sift dry ingredients, except soda, and cut in shortening until dough is crumbly.
2. Add soda to buttermilk, mix, then add to flour mixture and mix to form soft dough. Turn out on lightly-floured surface and knead about 20 times.
3. Roll out about ½" thick, cut with biscuit or donut cutter, and place in 13 x 9 ungreased pan. Bake at 425 degrees 12 to 15 minutes.
4. Make drop biscuits by increasing buttermilk ½ cup. Drop on cookie sheets from pan by rounded tablespoons.

Wacky Kraut Biscuits

1. Use Better Biscuit recipe, substituting ½ cup Kraut juice for ½ cup buttermilk. Prepare as above. Tasty with sausage patties or cheese.

Early Bird Biscuits

3 cups whole wheat flour
½ teas. baking soda
1 teas. baking powder
1 teas. salt
3 Tbls. sugar
⅔ cup shortening
1 pkg. yeast
¼ cup warm water
1 cup buttermilk
(Instant is fine)

1. Sprinkle yeast over warm water and set aside.
2. Sift dry ingredients, cut in shortening with pastry blender until like coarse meal.
3. Stir in buttermilk, then stir in yeast mixture, blending well.
4. Turn out on floured surface, knead, and shape into rolls. Place in greased pan to rise somewhat.
5. This dough does not need to be used right away. Stores about 3 days in refrigerator. When ready to use, remove portion desired, knead, shape into rolls, and let rise a little longer for cold dough.
6. Bake in 400 degree oven 10 to 12 minutes or until lightly browned.

Silky Muffins

2 cups whole wheat flour
¼ cup sugar
1 Tbls. baking powder
1 teas. salt
2 Tbls. oil or melted shortening
1 egg
1 cup milk

1. Sift dry ingredients in medium-sized bowl, then make depression in center.
2. Mix milk, egg, and oil together, stirring well to blend.
3. Pour liquid mixture all at once into flour well, mix round bowl quickly and only until just bits of flour show. Batter will be lumpy and barely mixed.
4. Fill muffin cups about ½ full and bake in 380 degree oven 20 to 25 minutes.

Blueberry Muffins

1. Reduce milk to ¾ cup and add ¾ cup blueberries, drained (canned or thawed) during final quick mix.

Date, Raisin or Nut Muffins

1. Add ½ cup dates, raisins, or nuts during final quick mix.

Muffins

Fruity Apple Muffins

2 cups whole wheat flour
½ cup sugar
1 Tbls. baking powder
1 teas. salt
½ cup butter or margarine
1 egg
1 teas. lemon rind
¾ cup milk
2 cups finely chopped pared apples

1. Sift dry ingredients, and cut in butter until crumbly. Remove ½ cup and set aside.
2. Combine egg and milk. Mix, then add apples and ½ teas. lemon rind.
3. Use the dry crumbles set aside and add ⅓ cup nutmeats, 2 Tbls. sugar, and ½ teas. lemon rind. Mix, to use for topping.
4. Make well in dry ingredients and add liquid mixture all at once, barely stirring to dampen flour.
5. Spoon into greased muffin cups, sprinkle topping over batter, and bake in 425 degree oven for 20 to 25 minutes.

English Muffins

4 to 4¼ cups whole wheat flour
½ teas. salt
1 cup milk, scalded
2 Tbls. honey
3 Tbls. margarine or butter
1 Tbls. yeast
½ cup warm water
— Cornmeal

1. Scald milk, remove from heat and add margarine and honey. Stir and allow to cool.
2. Soften yeast in ½ cup warm water.
3. Sift flour and salt and add 1 cup to cooled milk mixture, then stir in softened yeast. Continue adding flour until dough can be turned out on floured surface and knead.
4. Let rise double, punch down, knead and sprinkle cornmeal on board, then pat and roll dough about ½" thick. Cut with 3" cookie cutter and set biscuits on ungreased cookie sheets dusted with cornmeal.
5. When double, bake in heavy skillet at 375 degrees about 10 minutes on each side, or piggy-back cookie sheets and bake at 375 degrees, turning in 10 minutes or when bottoms are lightly brown. When turned sides are brown, remove.
6. Serve split, toasted, and with favorite jam, marmalade or jelly, and butter.

Surprise Muffins

1¼ cups whole wheat flour
¼ cup sugar or packed brown sugar
3 teas. baking powder
¼ teas. salt
¼ cup shortening
1 beaten egg
1 cup oatmeal
1 cup milk
½ cup packed brown sugar
3 Tbls. butter or margarine
— Pecans

1. Combine and blend brown sugar and butter. Pat into greased muffin cups (12) and add pecans to taste.
2. Sift dry ingredients together, then cut in shortening. Blend in oatmeal.
3. Mix beaten egg and milk, then add all at once to dry ingredients. Stir only to moisten.
4. Portion batter into muffin cups, and bake at 425 degrees for 20 minutes. Do not overbake. Remove from pans right away.

Cornmeal Muffins

1 cup sifted whole wheat flour
1 cup cornmeal
½ teas. salt
3 teas. baking powder
2 eggs
1 cup milk
¼ cup brown sugar
2 Tbls. cooking oil

1. Sift cornmeal, salt, and baking powder with flour.
2. Mix eggs, milk, oil, and sugar well.
3. Barely stir in dry ingredients only to moisten flour. Bake in greased muffin tins about 25 minutes at 375 degrees. For taste variation, 2 Tbls. molasses can be blended with liquids.

Cornbread

1. Use above recipe increasing baking powder to 4 teaspoons and oil to ¼ cup. Blend lightly and bake in greased 9" square pan at 425 degrees for about 25 minutes.

Tortillas

4 cups whole wheat flour
½ cup shortening
1 teas. salt
1 cup warm water

1. Mix flour and salt, then cut in shortening until particles are like fine peas.
2. Add water and mix with fork until dough forms. Work with hands then, and turn out on floured surface to knead into smooth, soft dough.
3. Divide dough into 11 or 12 balls. Roll each out into 7" circles.
4. Drop on preheated, hot griddle or skillet lightly oiled, and cook until freckles turn brown. Turn over and cook other side. About ½ minute on each side should be enough. Remove and drain.
5. Delicious filled with meat, cheese, mashed refried beans, or just butter.
6. Tortilla dough keeps well for about a week in the refrigerator. Cover tightly. Dough can also be frozen in sealed container for use at a later date.

Crackers, Puffs

Graham Crackers

2 cups whole wheat flour
1 cup white flour
¼ teas. salt
¾ teas. baking soda
1 teas. baking powder
½ cup shortening
¾ cup packed brown sugar
1 teas. vanilla
¼ cup milk

1. Cream shortening and sugar, then add vanilla.
2. Sift dry ingredients and add to creamed mixture alternately with milk.
3. Divide dough into three equal parts and roll out on floured surface 1/8" thick. Try to roll out into squares.
4. Roll up loosely, or drape over rolling pin, then unroll on lightly-greased cookie sheets.
5. Use back of knife blade or pizza cutter to mark cracker edges in dough. Bake in oven preheated to 350 degrees 10 to 12 minutes or until edges turn brown.
6. Remove from oven and allow to cool before breaking apart.

Biege Cream Puffs

1 cup water
½ cup butter or margarine
1 cup whole wheat flour
4 eggs

1. Boil water with margarine and stir until dissolved. Turn heat off and add flour, stirring briskly until dough sticks to itself. Add eggs, one at a time, beating well after each egg is added.
2. Place balls of dough three inches apart on lightly-greased cookie sheets. Bake at 450 degrees for 15 minutes, then reduce temperature to 325 degrees and bake for 25 minutes more. Remove puffs, turn oven off, split or cut with sharp knife and return to oven with door ajar for about ½ hour to dry. Fill with favorite filling or try this easy custard.

Easy Custard

2 Tbls. butter
¼ cup cornstarch or whole wheat flour
¾ cup sugar
½ teas. salt
2 eggs
2 cups milk

1. Combine all ingredients in medium pan. Blend briskly with wire whip, heat and stir with whip until mixture starts to thicken around edges of pan and becomes lumpy. Stir briskly with spoon, remove from heat and stir to remove lumps, then stir in 1 teas. vanilla. When cool spoon into cream puffs.

Hearty Pancakes

1 ½ cups whole wheat flour
3 teas. baking powder
1 Tbls. sugar
½ teas. salt
1 beaten egg
1 cup milk
2 Tbls. salad oil or melted shortening

1. Sift dry ingredients. Combine egg, milk, and oil. Add to dry ingredients, mix. Batter may be lumpy.
2. Pour on lightly-greased, preheated griddle or heavy skillet, about ¼ cup per cake. Turn when bottoms brown, and remove when both sides are brown. Serve hot with maple syrup or honey.

Buttermilk Pancakes

1 cup sifted whole wheat flour
1 Tbls. baking powder
½ teas. salt
½ teas. soda
2 Tbls. sugar
1 cup buttermilk (instant is fine)
2 beaten eggs
2 Tbls. oil

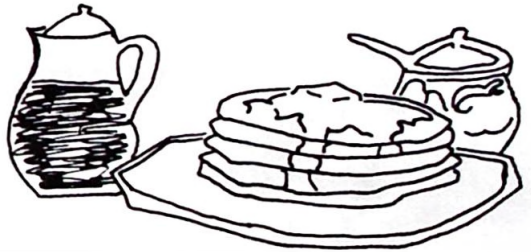
1. Beat liquids together, add sifted dry ingredients and spoon ¼ cup at a time in greased, heavy skillet or griddle. Turn when brown, and serve hot with favorite syrup.

Pancakes and Waffles

Pancake Mix

9 cups sifted whole wheat flour
3 ⅓ cups dry powdered milk
½ cup sugar
⅔ cup baking powder
1 Tbls. salt

1. Sift together at least 4 times, and store in air-tight container, best refrigerated.
2. For pancakes, use 1 ½ cups mix, 1 cup water, 1 egg and 2 Tbls. oil. Mix well and spoon into hot, greased griddle or skillet. Fry as usual.
3. If mix has absorbed moisture, a little less water may be called for. Try ¾ cup, then add more, if needed.



Pancake and Waffle Toppings

Maple Syrup

1 cup corn syrup
½ cup brown sugar
½ cup water
maple flavoring

Combine all but flavoring and bring to boil until sugar dissolves. Remove from heat and add maple flavoring.

Orange Syrup

½ cup butter or margarine
1 cup brown sugar
½ cup orange juice or concentrated orange.

Combine and bring to boil, stirring.

Honey Butter

½ cup butter or margarine, whipped
¼ cup honey
grated orange rind, optional

Beat honey into whipped butter. Add orange rind, if desired.

Waffles

2 cups sour milk
6 Tbls. butter or margarine, melted
3 separated eggs
2 cups whole wheat flour
2 teas. baking powder
¼ teas. salt
1 teas. baking soda
2 Tbls. sugar

1. Sift dry ingredients, set aside. Beat egg yolks, add 1 cup milk and sift in dry mixture along with remaining milk and butter. Mix well. Beat egg whites stiff and fold into batter.
2. Bake in preheated waffle iron.

Light Waffles

1 cup sifted whole wheat flour
3 teas. baking powder
½ teas. salt
2 Tbls. brown sugar
2 separated eggs
¼ cup cooking oil
1 cup milk

1. Sift dry ingredients, then add combined liquids except for whites, and beat thoroughly.
2. Beat whites stiff, fold in batter and bake in preheated waffle iron. Serve with favorite topping.

Cakes

Plain Good Cake

1 ½ cups sugar
2 cups whole wheat flour
1 ½ teas. baking soda
¾ teas. baking powder
⅔ cup salad oil
2 eggs
½ cup buttermilk
1 teas. vanilla
⅔ cup hot water
½ teas. salt

1. Sift dry ingredients into large bowl. Add combined liquids (except hot water) and mix well.
2. Then add hot water, mixing in well, at least 2 minutes, scraping sides and bottom of bowl. Bake in 13 x 9 greased pan at 350 degrees for 35 to 40 minutes. Frost when cool.

Spice Cake

1. Add ½ teas. EACH cinnamon, nutmeg and allspice to dry ingredients in Plain Good Cake.

Rhubarb-Strawberry Magic Cake

1. Use 3 to 4 cups chopped rhubarb, 2 cups strawberries or 1-10 oz. box of thawed berries mixed with 1 cup of sugar and ½ cup juice or water. Place in greased 13 x 9 pan and pour Plain Good Cake batter over the fruit. Bake about 40 minutes at 350 degrees and serve upside down. May use whipped topping.

Dark Chocolate Cake

1¾ cups whole wheat flour
2 cups sugar
¾ cups cocoa
2 teas. soda
1 teas. baking powder
1 teas. salt
1 cup buttermilk (instant is fine)
2 eggs
½ cup cooking oil
1 teas. vanilla
1 cup hot, strong, black coffee (instant is fine)

1. Sift dry ingredients into large mixing bowl.
2. Combine remaining ingredients except for coffee and mix well.
3. Add liquids mixed to dry ingredients, beating well until batter is smooth, using spatula to scrape bowl.
4. Add coffee all at once, mix well, and continue mixing and scraping bowl for at least 1 minute. Batter will be runny.
5. Pour into greased, floured oblong or layer pans. Bake oblong pan at 350 degrees 35 to 40 minutes and layer pans about 30 to 35 minutes.
6. Remove to cooling rack. When cool, frost with favorite frosting.

Shortcake

2 cups stirred whole wheat flour
3 teas. baking powder
¼ teas. salt
⅔ cups white or brown sugar
½ cup butter or margarine, softened
½ cup milk
1 beaten egg

1. Sift dry ingredients, then cut in butter with pastry blender. Combine milk and egg, beat, and add to dry crumbles, stirring to mix well.
2. Bake in lightly-greased 8" square pan about 20 minutes at 375 degrees. Split and serve with fresh fruit and whipped or ice cream.

Cobbler

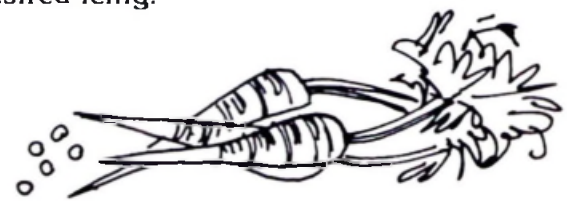
1½ cups sifted whole wheat flour
3 Tbls. white or brown sugar
2 teas. baking powder
¼ teas. salt
3 Tbls. butter or margarine
1 beaten egg
¾ cup milk

1. Sift dry ingredients several times. Cut in butter, then add combined milk and egg and stir in, but do not beat. Spoon batter over any prepared fruit and bake at 375 degrees about 30 minutes. Serve with whipped or ice cream, as desired.

Carrot Cake

2 cups sifted whole wheat flour
2 teas. baking powder
1½ teas. baking soda
2 teas. cinnamon
½ teas. nutmeg
1 teas. salt
1¾ cups brown sugar
1 cup cooking oil
4 eggs
2 cups finely grated carrots
1-8 ounce can crushed pineapple
½ cup broken nutmeats

1. Cream oil and sugar, add eggs and cream well. Add carrots and pineapple alternately with sifted dry ingredients, and cream thoroughly.
2. Stir in nutmeats and bake in 13 x 9 greased pan or in greased, floured 9 inch layer pans. Bake at 350 degrees about 40 minutes. Cool and frost with desired icing.



Cup Cakes

2¾ cups whole wheat flour
4 teas. baking powder
½ teas. salt
⅔ cups margarine or butter
1¼ cups packed brown sugar
1 teas. vanilla
3 eggs
1¼ cups milk

1. Cream butter, sugar, eggs and vanilla.
2. Sift dry ingredients and blend in alternately with milk and mix well.
3. Scoop batter into paper-lined muffin cups to ½ full and bake at 350 degrees about 30 minutes.

Chocolate Cup Cakes

2¼ cups whole wheat flour
1¾ cups packed brown sugar
⅓ cup cocoa
1 teas. baking powder
¼ teas. salt
2 eggs
¾ cup cooking oil
1 teas. vanilla
1 cup buttermilk
1 cup hot water with 2 Tbls. soda

1. Sift dry ingredients well. Combine liquids except for hot soda water and blend batter well. Add and mix in hot soda water and spoon into paper lined muffin cups. Bake at 350 degrees for 20 to 25 minutes. Yields about 2 dozen cakes. These cakes may be filled.

Filling

Combine ⅔ cup shortening, ½ cup sugar, ⅓ cup milk, dash salt, 1 Tbls. water and 1 teas. vanilla. Mix at high speed about 5 minutes, then add ½ cup sifted, powdered sugar, beat about 3 more minutes and force into cakes with large shringe or small tip cake decorator. Frosting will cover hole.

Oatmeal Cake

1 cup oatmeal
1½ cup boiling water
1½ cups whole wheat flour
½ teas. salt
2 teas. baking powder
1 teas. cinnamon
¾ teas. nutmeg
½ cup margarine or butter
3 eggs
1⅓ cups packed brown sugar
1 teas. vanilla

1. Pour boiling water over oatmeal and set aside.
2. Sift dry ingredients together. Cream butter with sugar and vanilla and blend in eggs one at a time. Stir in dry ingredients alternately with oat mixture and beat well.
3. Pour into greased, floured 13 x 9 pan and bake 35 to 40 minutes at 350 degrees. 1 cup raisins may be added for variety. Frost with favorite frosting.

Honey Yogurt Cake

2½ cups whole wheat flour
1 cup sugar
½ teas. salt
1 teas. soda
1 teas. vanilla
¾ cup honey
1 cup butter or margarine
1-8 ounce carton yogurt (any fruit flavor)
3 eggs

1. Cream vanilla, honey, butter, and yogurt. Add eggs and cream well.
2. Sift dry ingredients and add to cream mixture, mixing at low speed about three minutes.
3. Grease bundt or tube pan and pour batter in. Bake at 325 degrees about 55 minutes.
4. May be drizzled with favorite glaze.

Burnt Sugar Cake

1½ cups brown sugar
2 eggs
½ cup shortening
1 teas. vanilla
2¼ cups whole wheat flour
3½ teas. baking powder
¼ teas. salt
⅔ cups cold water
*4 Tablespoons Burnt-sugar syrup**

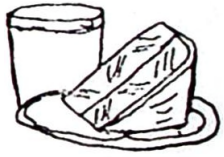
1. Cream shortening and sugar thoroughly. Add eggs one at a time and cream well, then add vanilla and cream again, then cream in burnt-sugar syrup.
2. Sift dry ingredients and add alternately with water in about 4 portions, mixing well after each addition. Continue mixing about 3 more minutes.
3. Bake in paper-lined greased 9" cake pans at 375 degrees for 20 to 25 minutes. Set to cool in pans about ten minutes, then turn out to cool completely, Frost with favorite icing. Seven-minute burnt-sugar frosting is ideal.

*Burnt-sugar syrup — Use a heavy skillet over medium-high heat to melt ⅔ cup granulated sugar, stirring constantly. When dark brown and liquid, remove from heat and add in ⅔ cup boiling water. This process splatters so try rocking the skillet as water is added to avoid injury. Then stir until thick parts dissolve, and boil a few minutes to reduce liquid. Makes enough for cake and frosting.

Cottage Cheese Chocolate Cake

1⅔ cups whole wheat flour
1¼ cups sugar
⅓ cup cocoa
1½ teas. baking soda
¼ teas. salt
½ cup butter or margarine
1 cup small curd cottage cheese
⅔ cup buttermilk (Instant is fine)
2 eggs
1 teas. vanilla

1. Sift all dry ingredients together. Add to butter and cottage cheese and buttermilk and mix until thoroughly blended, about 2 minutes.
2. Add eggs and vanilla and mix again about 1 minute.
3. Bake in greased, floured round 8 inch cake pans, or 13 x 9 pan or bundt pan. Layer pans bake at 350 degrees 25 to 30 minutes, 13 x 9 pan or bundt pan should bake 35 to 40 minutes.



Sponge Cake

1 ½ cups brown sugar
6 large separated eggs
½ cup cold water
½ teas. vanilla
½ teas. orange or lemon extract
¼ teas. almond extract, optional
1 ½ cups sifted whole wheat flour
¼ teas. salt
6 egg whites
1 teas. cream of tartar

1. Beat egg yolks in small, high-sided mixing bowl until lemon-colored. Add water and beat again, then beat in sugar and flavorings. Beat about 5 minutes and transfer to larger bowl.
2. Sift flour with salt and add to creamed mixture gradually, mixing at low speed.
3. Beat egg whites stiff with cream of tartar. Beat until stiff peaks form, and do not allow to sit, but fold immediately into remaining mixture.
4. Bake in ungreased tube pan at 325 degrees 1 hour or more or until top springs back when touched with fingertip. Remove, invert pan and cool thoroughly before disturbing.
5. May be served with fresh fruit or ice cream, or frosted or glazed.

Orange Sponge Cake

1. Use above recipe, substituting ½ cup orange juice for the water and adding 1 Tbls. grated orange rind. Blend in 1 cup of brown sugar with the yolks, and ½ cup white sugar with the whites.

Quick Chocolate Snack Cake

1 ½ cups whole wheat flour
¼ cup cocoa
1 ½ teas. baking powder
½ teas. salt
1 cup sugar
1 egg
1 teas. vanilla
¾ cup milk
⅓ cup shortening

1. Cream sugar, shortening, vanilla and egg until fluffy.
2. Sift dry ingredients and mix in alternately with milk. Mix until batter is smooth, about 2 minutes.
3. Pour into greased 8" square pan and bake in 375 degree oven 30 to 35 minutes.
4. May be iced with favorite frosting or not, as desired.

Basic Chiffon Cake

1 cup sifted whole wheat flour
¾ cup brown or white sugar
1½ teas. baking powder
¼ teas. salt
¼ cup cooking oil
2 egg yolks
¼ cup plus 2 Tbls. cold water
1 teas. grated lemon peel
1 teas. vanilla
¼ rounded teas. cream of tartar
4 egg whites to make ½ cup

1. Sift dry ingredients into medium high-sided bowl. Sift three times, then make a well in center.
2. Add oil first, then yolks, water, and flavorings. Beat very smooth.
3. Beat egg whites and cream of tartar to very stiff peaks, in large bowl. Fold yolk mixture in slowly with rubber spatula but do not stir. Batter should barely be blended.
4. Turn immediately into ungreased 8" or 9" square pan and bake at 350 degrees about 35 minutes. Invert pan on cooling rack until completely cool.
5. This recipe may be doubled, and makes a beautiful bundt cake. Double the baking time and invert pan to cool.

Pineapple Upside Down Cake

1½ cups whole wheat flour
2 teas. baking powder
½ teas. soda
½ teas. salt
⅓ cup shortening
½ cup sugar
1 egg
⅔ cup pineapple juice
¼ cup nutmeats
½ cup brown sugar
2 Tbls. butter or margarine
1-20 oz. can sliced pineapple

1. Smear butter in bottom of 8 x 8 pan. Cut pineapple slices in half and arrange in bottom of pan. Sprinkle brown sugar and nutmeats over pineapple.
2. Sift dry ingredients, set aside.
3. Cream shortening, sugar and egg well. Add dry ingredients alternately with 1 teas. lemon juice and pineapple juice mixing well until creamy batter is formed.
4. Pour batter over pineapple and bake in 350 degree oven 30 to 35 minutes.
5. Best served warm, cut with pineapple right side up.

Apple Snack Cake

1¼ cups whole wheat flour
½ teas. salt
1 teas. soda
½ cup white sugar
½ cup packed brown sugar
1½ cups peeled, chopped apples
1 beaten egg
1 teas. vanilla
3 Tbls. oil

1. Cream sugars, oil, vanilla, and egg.
2. Sift dry ingredients, then add to creamed ingredients, mixing well. with ½ cup milk.
3. Stir in apples. 1 cup nutmeats may also be added.
4. Grease an 8 x 8 pan, pour batter in, and bake at 350 degrees about 40 minutes.
5. May be served with whipped topping or a soft lemon sauce.

Incredible Cake

½ cup shortening
1 cup sugar
1 teas. vanilla
2 eggs
2 cups whole wheat flour
1½ teas. baking powder
¼ teas. salt
1 No. 303 can fruit cocktail
1 cup coconut, flaked
½ cup packed brown sugar

1. Cream shortening, sugar, vanilla, and eggs.
2. Sift dry ingredients, add to creamed mixture and beat well. Add fruit cocktail, undrained, and mix well. Stir in coconut.
3. Pour batter into 13 x 9 greased pan. Sprinkle brown sugar over batter and bake in 325 degree oven 45 to 50 minutes.

Frosting

½ cups EACH margarine, evaporated milk, and sugar
1½ cups coconut, flaked

1. Bring butter, milk, and sugar to boil in small pan. Stir and boil about 5 minutes. Stir in coconut and pour over warm cake.

Coffee Cake

1½ cups whole wheat flour
3½ teas. baking powder
¼ teas. salt
¾ cup sugar
¼ cup shortening
1 egg
1 cup milk
1 teas. vanilla

Topping

⅔ cup packed brown sugar
3 Tbls. whole wheat flour
2 teas. cinnamon
2 Tbls. melted butter or margarine
½ cup nutmeats

1. Combine topping, mix and set aside.
2. Sift dry ingredients, except sugar.
3. Cream shortening, sugar, add egg and cream well. Add dry ingredients alternately with milk and vanilla. Mix well.
4. Put half the batter in a greased 8 x 8 pan and sprinkle half the topping over the batter. Spread remaining batter, then add remaining topping.
5. Bake in 375 degree oven 25 to 30 minutes. Serve warm.

Sour Cream Coffee Cake

2¼ cups whole wheat flour
1 teas. baking powder
1 teas. soda
½ teas. salt
½ cup butter or margarine
1 cup sugar
3 eggs
½ cup raisins
1 cup sour cream

Topping

¾ cup packed brown sugar
1 Tbls. whole wheat flour
1 teas. cinnamon
2 Tbls. butter
1 cup chopped pecans

1. Cream margarine and sugar, add eggs one at a time, cream well. Add 1 teas. vanilla.
2. Sift dry ingredients, and add to creamed mixture alternately with sour cream. Stir in raisins and put batter in 13 x 9 oiled pan.
3. Combine topping, except pecans, and cut with pastry blender, then add pecans, mix, and sprinkle over batter. Bake at 350 degrees for 35 minutes. Serve warm.

Bars

Grandma Van's Scrumptious Chocolate Bars

½ cup shortening
½ cup white sugar
½ cup brown sugar
2 eggs, separated
2 Tbls. water
1 teas. vanilla
1½ cups whole wheat flour
1½ teas. baking soda
½ teas. salt
1-6 oz. package chocolate chips
¾ cup brown sugar (for topping)

1. Cream shortening and sugars. Add egg yolks and vanilla, beat well.
2. Sift dry ingredients and add to creamed mixture with water and mix well. Spread in 13 x 9 pan, greased. Sprinkle chips over all and press down.
3. Beat egg whites stiff and add ¾ cup brown sugar, sifted. Beat till smooth and satiny. Spread over batter in pan.
4. Bake in oven preheated to 350 degrees about 25 minutes. Remove to cooling rack. Cut while warm into 2" squares.
5. Store in air-tight container. These bars do not freeze well.

Carmel Scotch Bars

3 cups whole wheat flour
3 teas. baking powder
½ teas. salt
½ cup margarine
1¾ cups packed brown sugar
3 eggs
1 teas. vanilla
1 Tbls. water
1 to 2 cups butterscotch morsels
1 cup nutmeats

1. Cream shortening and sugar, add eggs one at a time, creaming well. Add vanilla.
2. Sift dry ingredients and add creamed mixture, blending well. Add water and blend well.
3. Stir in morsels and nutmeats.
4. Grease and flour 16 x 10 pan, or medium cookie sheet. Spread batter in pan, and bake at 350 degrees for 25 to 30 minutes.
5. Remove to cooling rack. Cut while still warm into 2" squares.
6. Chocolate chips may be subtituted for the butterscotch morsels.

Honey Love Bars

3¼ cups whole wheat flour
¼ teas. salt
1 teas. baking powder
½ teas. soda
1 cup sugar
½ cup butter
½ cup honey
½ cup molasses
2 eggs
½ cup broken almonds
1 teas. cinnamon **Or**
½ teas. cardamon

1. Bring sugar, butter, honey, and molasses to a boil. When cool, add beaten eggs and soda. Blend well.
2. Sift flour, salt, and baking powder. Add to cooled mixture, mixing well. Also add seasoning, if used.
3. Stir in almonds.
4. Chill until very firm in covered container. Roll out on lightly-floured surface about ⅓'' thick and cut into 3 x 2'' rectangles. Bake at 350 degrees 10 to 12 minutes on ungreased cookie sheets.
5. These bars may be glazed when cool and colored frosting is very attractive.

Pineapple Bars

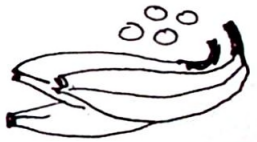
2 cups whole wheat, flour, sifted
2 teas. baking soda
⅛ teas. salt
1¾ cups brown sugar
2 eggs
1 teas. vanilla
1-15 ounce can crushed pineapple
1 cup broken nutmeats

1. Mix eggs, brown sugar, vanilla and pineapple.
2. Sift dry ingredients, and mix well with pineapple mixture.
3. Stir in nutmeats, and bake in greased 15 x 10 x 1 jelly roll pan at 325 degrees for 25 to 30 minutes.
4. Cut when cool. May be frosted or not, as desired.

Banana Bars

1¾ cups whole wheat flour
½ teas. salt
1½ teas. baking soda
¾ cup honey
½ cup butter or margarine
1 cup sour cream or 1 cup canned milk soured with 1 Tbls. vinegar
1 teas. lemon juice
2 eggs
2 teas. vanilla
1¼ cups mashed bananas
½ cup broken nutmeats

1. Cream honey and butter, then add sour cream, lemon juice, eggs and vanilla. Cream thoroughly. Cream in bananas.
2. Sift dry ingredients and blend into creamed mixture.
3. Stir in nutmeats and bake on greased, floured 15 x 10 x 1 jelly roll pan at 350 degrees for about 25 minutes. Cut when cool.
4. These bars may be frosted or glazed, as desired.



Brownies

Easy Brownies

½ cup margarine or butter
4 Tbls. cocoa
2 eggs
½ cup whole wheat flour
1¼ teas. baking powder
1 teas. vanilla
1 cup sugar
1 cup chopped nutmeats

1. Melt butter in medium pan, beat in cocoa and sugar with wire whip. Add eggs and vanilla, mix well.
2. Sift dry ingredients and mix right in pan of liquid ingredients.
3. Spread in 8 x 8 ungreased pan. Bake in oven preheated to 350 degrees about 30 minutes. Do not overbake.
4. Remove to cooling rack, and cut into squares. If desired, sprinkle about ½ cup sifted, powdered sugar over top.

Applesauce Brownies

1 cup sifted whole wheat flour
½ teas. baking powder
½ teas. baking soda
¼ teas. salt
4 Tbls. cocoa
½ cup margarine or butter
½ cup sweetened applesauce
2 beaten eggs
1 cup brown sugar
1 teas. vanilla
½ cup chopped nutmeats

1. Cream margarine, applesauce, eggs, sugar and vanilla.
2. Sift dry ingredients, and blend into creamed mixture until smooth batter results. Stir in nutmeats and pour batter into greased 8 or 9" square pan and bake at 350 degrees for 35 minutes. Cool and cut into squares.

Apricot Chews

1⅔ cups whole wheat flour
1⅔ cups quick-rolled oats
1½ teas. baking powder
¼ teas. salt
1 cup packed brown sugar
¾ cup margarine or butter
*1 cup apricot preserves or prepared apricots**

1. Sift dry ingredients together, add sugar and cut in margarine, softened. Stir in rolled oats. Spoon half the mixture in an 11 x 7 or 13 x 9 pan.
2. Spread apricots overall and cover with remaining crumb mixture.
3. Bake in oven preheated to 375 degrees about 35 minutes. When cool, cut into desired pieces.

Prepared Apricots*

1. Drain 1 cup apricots and chop up. Use ¼ cup juice with 1¼ Tbls. cornstarch, ½ cup sugar and 1 teas. lemon juice in pan. Heat and stir until thick. Add apricots, chopped, with 2 teas. margarine. Mix and spread over crumb mixture above.

Cookies

Chocolate Chippies

2½ cups whole wheat flour
¾ teas. salt
1½ teas. soda
1 cup butter or margarine
¾ cup packed brown sugar
¾ cup white sugar
3 eggs
1 teas. water
1 teas. vanilla
1-16 oz. package chocolate chips

1. Sift dry ingredients. Set aside.
2. Beat butter, add sugar, cream to light and fluffy. Add eggs, one at a time and beat well.
3. Add dry ingredients, mixing well after each addition with water and vanilla. If dough needs to be stiffer, add about ¼ cup more flour.
4. Add chocolate chips and mix in, with optional ½ cup nutmeats. Drop by teaspoonfuls on ungreased cookie sheets. Bake in 375 degree oven about 12 minutes.
5. Remove to waxed paper to cool. Store in air-tight container. Makes about 4 dozen.

Peanut Butter Cookies

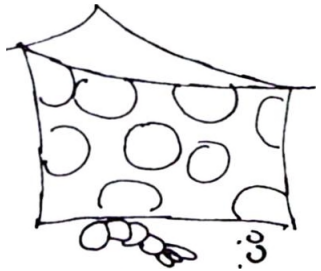
3⅕ cups whole wheat flour
2½ teas. baking soda
½ teas. salt
¾ cup white sugar
1¼ cup packed brown sugar
1 cup shortening
3 eggs
1 teas. vanilla
1 cup peanut butter (smooth or chunky)

1. Sift dry ingredients together. Set aside.
2. Cream shortening, add sugars, cream, then add eggs and vanilla, creaming well. Beat in peanut butter.
3. Add dry ingredients about 1 cup at a time, and mix well.
4. Drop by teaspoonfuls on ungreased cookie sheets and press down with fork or cookie imprints.
5. Bake in oven preheated to 350 degrees for about 10 minutes. Do not overbake.
6. Remove from sheets immediately after taking from oven.

Protein Cookies

1¼ cups whole wheat flour
1 teas. soda
½ teas. salt
⅔ cup butter or margarine
1 cup brown sugar
2 eggs
1 teas. vanilla
3 cups rolled oats
1 cup grated sharp cheddar cheese

1. Cream butter to soften, then add sugar, eggs and vanilla and cream thoroughly.
2. Sift dry ingredients and add to creamed mixture and mix well.
3. Stir in oats and cheese and drop by rounded teaspoonfuls on lightly-greased cookie sheets.
4. Bake in 350 degree oven 12 to 15 minutes. Yields about 4 dozen cookies.



Nelva's Sugar Cookies

2½ cups sifted whole wheat flour
1½ teas. baking powder
½ teas. salt
1 cup packed brown sugar
¾ cup margarine or butter
3 beaten eggs
1 teas. vanilla

1. Soften butter, add sugar and cream well. Cream in eggs, then vanilla.
2. Sift dry ingredients, add to creamed mixture at low-speed, or stir in until well blended.
3. Chill about 1 hour, roll out and shape with cutters or as desired. Bake at 375 degrees on ungreased cookie sheets about 8 minutes. These may be sprinkled with sugar and cinnamon or decorated.
4. Drop sugar cookies can be made by reducing flour ½ cup. Raisins, nutmeats or diced, dried fruit may be added. Bake on ungreased cookie sheets about 12 minutes at 375 degrees.

I used 2½ c flour + dropped them. Used glass dipped in sugar to press them flat. Cookies need nuts, raisins or some other thing.

Fluffy Carrot Cookies

3¼ cups whole wheat flour
2 teas. baking powder
1 teas. baking soda
¼ teas. salt
1½ cups honey
1 cup shortening
1 teas. vanilla
1 cup finely grated carrots
2 eggs
1 cup raisins
1 cup nutmeats
1 teas. cinnamon and/or nutmeg, optional

1. Cream shortening and honey then add eggs and vanilla and cream thoroughly.
2. Add carrots, mix in at low speed, then add sifted dry ingredients in three portions and continue mixing at low speed.
3. Stir in raisins and nutmeats and drop batter by teaspoonfuls on ungreased cookie sheets. Bake above center rack in 375 degree oven about 12 minutes. Remove immediately to waxed paper. Yields about 6 dozen cookies.

Gingersnaps

2 cups whole wheat flour
2 teas. soda
¼ teas. salt
1 teas. ginger
1 teas. cinnamon
¼ teas. cloves
1 cup packed brown sugar
¾ cup shortening
¼ cup molasses
1 egg

1. Cream butter and sugar, cream in molasses and egg.
2. Sift dry ingredients, and add to creamed mixture. Bake at 375 degrees about 10 minutes by dropping teaspoonfuls of batter on ungreased cookie sheets.
3. For moister cookies, add ¼ cup light cream to batter.

Sour Cream Cookies

3½ cups whole wheat flour
1 teas. baking powder
¼ teas. baking soda
¼ teas. salt
¾ cup butter or margarine
1¾ cups packed brown sugar
¾ cup sour cream
1 teas. vanilla
2 eggs

1. Cream butter to soften, then cream in sugar, eggs and vanilla.
2. Sift dry ingredients, and add alternately with sour cream and mix to smooth batter.
3. For drop cookies, drop by teaspoonfuls on ungreased cookie sheets and bake at 375 degrees 10 to 12 minutes.
4. For rolled cookies, increase flour to 4 cups and chill dough about 1 hour. Roll into walnut-sized balls and press down on cookie sheet, or roll dough out and cut with cutters. Raisins and nutmeats may be added to both kinds of cookies for variety. Dough may be refrigerated overnight.

Anise Seed Cookies

1 cup sugar
1 cup shortening
1 egg
½ teas. salt
2 cups whole wheat flour
1 cup white flour
2 teas. baking powder
2½ Tbls. water
1 teas. anise seed, crushed
¾ cup sugar, optional
1 Tbls. cinnamon, optional

1. Cream shortening, add sugar, anise seed, egg, and salt. Cream well.
2. Sift dry ingredients and alternately add to creamed mixture with water. Dough will be stiff and spin off beaters.
3. Roll out on floured surface and cut with cookie cutter OR roll into balls and place on ungreased cookie sheets, then press down with fork or cookie imprints. Bake in oven preheated to 375 degrees about 12 minutes.
4. If optional topping is use, sprinkle cookies before baking them.
5. Store in air-tight container. These cookies keep well. Makes about 5 dozen.

Refrigerator Cookies

3¼ cups whole wheat flour
1 teas. baking powder
½ teas. salt
1 cup butter or margarine
1¾ cups packed brown sugar
2 beaten eggs
1 teas. baking soda
1 Tbls. hot water
1 teas. vanilla

1. Cream butter, sugar, and eggs until smooth and light.
2. Sift dry ingredients except for soda, and cream into butter mixture with soda dissolved in hot water, and vanilla.
3. Make two roils wrapped in waxed paper and store in refrigerator overnight.
4. Spice cookies can be made by adding 1 teas. nutmeg and cinnamon to dry ingredients OR 1 cup nutmeats and/or coconut can be stirred in before forming rolls.
5. After refrigerating, slice thin and bake at 375 degrees on ungreased cookie sheets about 10 minues.

Versatile Oatmeal Cookies

2½ cups whole wheat flour
1 teas. salt
2½ teas. baking powder
¾ teas. baking soda
3 cups rolled oats
½ cup milk
2 eggs
1 cup shortening
1 teas. vanilla
1½ cups packed brown sugar
¼ cup white sugar

1. Sift dry ingredients. Set aside.
2. Cream shortening, add sugars, eggs and vanilla. Cream well after each addition.
3. Add dry ingredients alternately with milk and mix until smooth dough is formed. Stir in oatmeal.

Tasty Options

Add ½ cup nutmeats and 1 cup chocolate chips

Or

1 teas. cinnamon and 1 teas. nutmeg when sifting dry ingredients, then add 1 cup raisins when stirring in oatmeal

Or

1 cup shredded coconut and ½ cup nutmeats.

4. Place cookies by teaspoons on lightly-greased cookie sheets and bake in 375 degree oven 10 to 12 minutes. Makes about 5 dozen.

Saturday Night Fever Cookies

4¼ cups whole wheat flour
1½ cups sugar
1 pound butter or margarine
1 ounce whiskey
— Almonds

1. Butter is preferred in this recipe.
2. Remove salt and water from butter by melting slowly in small pan. When cool, skim off the foam with a spoon which is the salt. The water will be in the bottom, just lift butter out of the pan.
3. Cream butter with mixer at high speed very thoroughly until it is almost white.
4. Add sugar, and cream thoroughly. Add whiskey and again cream thoroughly.
5. Add sifted flour about 1 cup at a time, blending well after each addition. Add flour until mixture becomes somewhat crumbly and can be handled with fingers.
6. Roll and pat batter in palms into silver-dollar sized patties. Place about 2" apart on ungreased cookie sheets. Top each cookie with an almond half: Optional.
7. Bake in 300 degree oven for about 20 minutes or until almonds are browned.

Snickerdoodles

⅔ cup butter or margarine
¾ cup sugar
2 eggs
½ teas. nutmeg
2¼ cups whole wheat flour
¾ teas. soda
¼ teas. salt
½ cup chopped walnuts
1 teas. vanilla OR rum flavoring
½ cup raisins, optional
⅔ cups sugar, topping
1 Tbls. cinnamon, topping

1. Cream shortening, add sugar, eggs, and nutmeg. Cream well.
2. Sift dry ingredients and add to creamed mixture, mixing after each addition.
3. Stir in nutmeats, roll dough in balls in hand and place on ungreased cookie sheets. Press down with fork, making an X or use cookie imprint. Sprinkle topping over cookies and bake in 375 degree oven 10 to 12 minutes.
4. Remove from sheets, store in air-tight container. Makes about 5 dozen.

Orange Delights Cookies

⅔ cup shortening
⅓ cup butter or margarine
1 cup packed brown sugar
½ cup white sugar
2 eggs
⅓ cup orange juice
1 Tbls. grated orange rind
1 cup sour milk
2¾ cups whole wheat flour
2½ teas. baking powder
1 teas. baking soda
½ teas. salt
1 teas. vanilla

1. Beat shortening, butter, sugar and vanilla. Then add eggs, juice, and rind. Cream well together.
2. Sift dry ingredients together and add alternately with milk until all ingredients are well blended.
3. Optional nutmeats and raisins may be added, about ½ cup of each. Stir these in.
4. Drop on lightly-greased cookie sheets and bake in 350 degree oven about 15 minutes.
5. Store in air-tight container. These cookies keep will. Makes about 5 dozen.

Angel Cookies

1½ cups shortening
1 cup packed brown sugar
1 cup white sugar
2 or 3 teas. vanilla
12 egg yolks
4 cups whole wheat flour
½ teas. salt
1 teas. soda
2 teas. baking powder

1. Cream shortening with sugars and vanilla. Add beaten egg yolks and beat well.
2. Sift dry ingredients and add in portions to creamed mixture, mixing well after each addition. Dough should be firm.
3. Roll in hands to form small balls. Place on ungreased cookie sheets. Balls may be rolled in sugar.
4. Flatten balls with fork, finger tip, glass, or cookie imprints. Bake in oven preheated to 350 degrees about 7 minutes. Makes about 5 dozen.
5. These cookies may be glazed. Store in cool place in air-tight container.

Glenda's Cheesecake Cookies

½ cup whole wheat flour
⅓ cup packed brown sugar
½ cup broken walnuts
1 Tbls. lemon juice
1 egg
2 Tbls. milk
1 teas. vanilla
⅓ cup melted butter or margarine
¼ cup sugar
8 ounces creamed cheese

1. Mix brown sugar, flour, and walnuts. Stir in butter and mix until crumbly. Reserve 1 cup for topping.
2. Press remainder into 8" pan. Bake in 350 degree oven for 12 to 15 minutes.
3. While pan is baking, beat creamed cheese and white sugar until smooth. Add egg, lemon juice, milk and vanilla. Beat well.
4. Spread over baked crust and top with reserved crumb mixture. Bake at 350 degrees for 25 minutes more.
5. Cool, then cut into 2" squares. Can be frozen for later use.

Apple Pan Cookies

¼ cup + 2 Tbls. butter or margarine
¼ cup + 2 Tbls. oil
2 eggs
2 cups honey
2 cups whole wheat flour
¼ teas. salt
½ teas. baking powder
2 cups rolled oats
1½ teas. cinnamon
1 teas. vanilla
½ cup broken nutmeats
4 cups diced apples, best if tart

1. Cream butter, add oil, eggs, and honey. Cream well.
2. Sift dry ingredients. Add to creamed mixture with vanilla and blend well.
3. Stir in rolled oats, apples, and nutmeats.
4. Pour batter into greased 13 x 9 pan. Bake in oven preheated to 350 degrees 45 to 50 minutes.
5. May be glazed when cooked or dusted with sifted powdered sugar. Score while still warm.

Pastel Cookies

1 cup shortening
½ cup packed brown sugar
½ cup white sugar
1 large or 2 small eggs
2 cups whole wheat flour
1 teas. soda
1 teas. baking powder
½ teas. salt
1 teas. vanilla (or favorite flavoring)
4 or more drops food coloring

1. Cream shortening and sugars. When smooth and fluffy, add egg and vanilla. Cream well.
2. Sift dry ingredients and mix into creamed mixture. Dough should be firm.
3. Roll dough into small balls. May be rolled in sugar. Place balls on very lightly greased cookie sheet and press down with fork, finger tips, glass, or cookie inprint. May be sprinkled with colorful decorations.
4. Bake in oven preheated to 350 degrees 12 to 15 minutes or until light brown. These keep well and can be frozen.
5. ½ cup chopped pecans may be added for variety.

Pie Crusts

Easy Roll Pie Crust

2½ cups whole wheat flour
½ teas. salt
1 egg
1 teas. vinegar
⅔ cup shortening
4 Tbls. cold water
¾ teas. baking powder

1. Sift dry ingredients, cut in shortening with pastry blender.
2. Mix egg, vinegar, and water, then add to dry ingredients, mixing with fork. Roll out on pastry cloth lightly-floured, or on floured surface. Bake filled with choice of fillings or for shell bake at 425 degrees about 12 minutes. Make 2 double crust pies.

Make Ahead Pie Crust

3¼ to 3½ cups whole wheat flour
1 cup shortening
½ cup boiling water
1 teas. salt
1/8 teas. baking powder
½ teas. sugar

1. Combine shortening and boiling water, mix until creamy. Set until cool.
2. Sift remaining ingredients, and blend into creamed shortening. Add enough flour to make dough easy to handle.
3. Makes 2 double-crust pies, or can be stored up to 5 days in refrigerator, tightly-covered.

Oil Pie Crust

2¼ cups whole wheat flour
1 teas. salt
1 teas. sugar
½ cup oil
6 or 7 Tbls. cold water

1. Combine dry ingredients, add oil and blend. Add cold water, mix with fork. Roll out between sheets of waxed paper and put in pie pans. Fill with favorite filling or bake as shell at 450 degrees 12 minutes.

Handy Crumb Topping

½ cup whole wheat flour
⅓ cup sugar or packed brown sugar
3 Tbls. shortening

1. Combine flour and sugar. Cut in shortening with pastry blender. Sprinkle over most fruit pies and bake as recipes indicate. Easy way to dress up a one-crust pie.

Optional

Pie crust can be frozen in pans uncooked. For 2 pie crust pie, sit pan on rolled out crust and cut around edge with knife. Then lay over shell, cover well, and freeze as one.

Broiled Coconut Frosting

¼ cup butter or margarine
½ cup packed brown sugar
½ cup milk
¾ cup coconut
½ cup chopped nutmeats

1. Melt butter in small pan, stir in milk and sugar. Boil at least 1 minute, stirring. Stir in nutmeats and coconut. Spread on cake and place under broiler until bubbly and browned (about 3 minutes.)

Cream Cheese Frosting

1 8 ounce pkg. cream cheese
¼ cup margarine
1 pound box sifted powdered sugar
milk as needed

1. Thoroughly cream margarine and cream cheese. Add sugar in portions, blending well after each addition, then add milk to obtain desired thickness. This recipe may be cut in half.

Wheat Frosting

¼ cup sifted whole wheat flour
1 cup sugar or packed brown sugar
1 cup milk
1 cup butter
1 teas. vanilla

1. Combine milk and flour with wire whip to eliminate lumps. Cook, stirring constantly until thick. Cool.
2. Combine sugar and butter and vanilla and cream to light stage, then add cooked mixture and mix until it stands in peaks.

Frostings

Orange Frosting

2 cups sifted powdered sugar
½ teas. orange rind
2 to 3 Tbls. orange juice

1. Blend all ingredients. For glaze, reduce sugar or increase juice to desired thickness.

Chocolate Glaze

⅓ cup butter or margarine
2 Tbls. cocoa
2 cups sifted powdered sugar
1½ teas. vanilla
3 - 5 Tbls. hot water.

1. Melt butter, stir in cocoa with wire whip, Stir in sugar and vanilla. Stir in water 1 Tbls. at a time until desired consistency.
2. For vanilla glaze, delete cocoa, and use warm milk in place of water.

Cake Batter Topping

½ cup packed brown sugar
3 Tbls. softened butter or margarine
2 Tbls. whole wheat flour
½ cup nutmeats and/or coconut

1. Blend sugar and butter with fork. Stir in flour and nutmeats. Sprinkle over cake batter and bake as cake recipe indicates.

Glossary

Cakes will generally be lighter if water is used where milk is called for, then about ½ cup powdered milk can be sifted in with the flour. Whole wheat flour can be used in any good cake recipe by reducing each cup of flour by 2 Tablespoons (1 cup white flour = 7/8 cup whole wheat flour.) Wheat flour for cakes and cookies should be sifted before measuring. The leavening can be increased from ½ to 1 teaspoon depending on the size of the recipe.

Cookies should generally bake slightly above center rack, especially honey cookies. Dark cookie sheets will make cookie-bottoms brown. Too much grease will make bottoms very brown. Cookies continue baking about 1 minute after removing from oven so quick removal will give best results.

Double-acting baking powder is used in all these recipes.

Flour must be of good quality. Poorly-ground whole wheat flour will not yield good food. The extra food value of whole wheat (graham) flour will best be preserved by storing it in a cool, dry place. Otherwise the natural oil may become rancid. Freezing is the ideal way to preserve the flour for long periods of time. A bay leaf or spearmint gum stick in the container will discourage insects.

Freezing can be done with most baked goods. Well-wrapped **breads** and **cookies** keep well up to two months. Bread can be sliced before freezing, then a few slices can be removed easily as needed. **Pie crust** is best frozen uncooked, then allowed to thaw before adding filling. When a two-crust pie is frozen as one, the top will easily lift out after it thaws so filling can be added, and the top set back in place. Crimp edges of botton crust over edges of top crust for a better seal.

Honey can be substituted in most recipes on an equal basis with sugar up to ½ cup. For larger amounts, reduce one liquid by ¼ cup for each cup of honey, and reduce oven temperature by 25 degrees. Also, 1 large egg equals about ¼ cup liquid.

Kneading should be done on a floured surface, or try making a pillow case of light canvas to fit over a board or heavy cardboard. Oil and/or flour hands, pull up dough edges with fingers, then plunge heel of hand into center of dough. Turn, repeat, and the dough will 'spring to life' in just a few minutes. Five to ten minutes is long enough to knead most doughs.

Pizza Pans placed under fruit pie pans while they're baking will keep pies from ever cooking over on the oven floor. Put the pizza pans in the oven while it is heating, then set the pie on it.

Rising dough should be placed out of drafts at about 80 degrees. On a cool day, preheat oven to 200 degrees while assembling ingredients, then turn it off. When dough is worked, cover and put in the warm oven; however, out of sight, out of mind, so it's a good idea to set a timer. Dough rising too long will become porous and have a poor texture. Dough is ready when the original size has doubled, and a dent pressed with fingertip remains. Dough which has risen too long should and can be reset.

Sifting dry ingredients three times is a good rule of thumb for most recipes, especially cakes and cookies. To avoid dirtying your mixer, the first cup or two of flour will blend easily into bread and roll recipes with

wire whip, and will speed things up, too.

Standard loaf pans can be either 9 x 5 x 3 or 8½ x 4½ x 2½ though many sizes will be fine if dough is proportioned correctly and the oven temperature and baking time adjusted accordingly. Bread should be taken from the pans about 15 minutes after removal from the oven as loaves will become soggy if left too long in the pans. When cutting bread that is still warm, try heating the blade of a serrated knife. It will cut easily.

Temperature of the oven is important to all baked goods. If the oven is too hot, bread crust will not 'stretch' making a low volume loaf which is too brown. If oven is not hot enough, bread will rise too much, and will have a porous, crumbly texture.

Texture of bread is very important. Too much flour will result in a coarse-textured product. On a humid day, a small amount of additional flour usually gives best results. Also, it's seldom a good idea to double a bread recipe. Experienced bakers, however, can achieve good results.

Circumstances can cause baking failures for even the best cooks. Such bread can be sliced and toasted and cut up for stuffing, croquettes, and as binders in meat loaf, stews, and any number of casseroles. Any combination of seasonings can be added.

Rolls which have dried out can be reheated in a paper sack sprinkled on the inside with water. Preheat the oven to 400 degrees, then turn it off before placing the closed sack inside. Allow about 20 minutes, and, of course, rolls and breads can be heated wrapped tightly in foil.

Crumbs will thicken gravy and a small amount in place of flour in cakes and cookies will lighten the texture. Crumbs can also be used in salads or combined with sugar, nuts, coconut, crumbled butter, etc. for sweet toppings.

Whole wheat flour can be used in white sauce, to thicken gravy, to coat chicken for frying, and in custards and fillings.

If serving to people unaccustomed to whole wheat flour, try some of the cookies, bars, and pancakes first, then rolls and breads. In many desserts, no one will know they're made with whole wheat until they are told.

Yeast comes two ways, dry and compressed. Dry yeast should soften in warm water at about 110 degrees. Water that feels warm to the inside of the wrist should be fine. Check the shelf-life dates on yeast. Compressed yeast will soften at about 85 degrees. Water that is too hot will kill live yeast. Water that is too cool will slow its action. Softening yeast in a glass cup free of oil will give best results.

Compressed yeast will keep about two weeks in the refrigerator, about two months in the freezer. Dry yeast will keep for several months in the refrigerator, and can also be frozen. Either should be covered tightly.

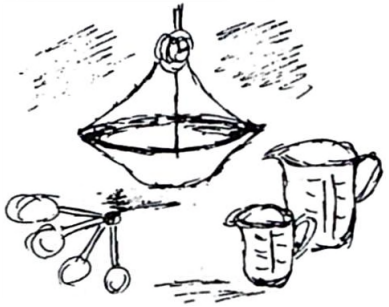
If baking is done regularly, dry yeast by the jar or can will give ideal results. One package dry yeast equals one Tablespoon. If a bakery is nearby, see if they will sell some baker's yeast. The effort will be most rewarding.

One ingredient for another

For these	You may use these
1 whole egg, for thickening or baking	2 egg yolks. Or 2 tablespoons dried whole egg plus 2½ tablespoons water.
1 cup butter or margarine for shortening	⅞ cup lard, or rendered fat, with ½ teaspoon salt. Or 1 cup hydrogenated fat (cooking fat sold under brand name) with ½ teaspoon salt.
1 square (ounce) chocolate	3 or 4 tablespoons cocoa plus ½ tablespoon fat.
1 teaspoon double-acting baking powder	1½ teaspoons phosphate baking powder. Or 2 teaspoons tartarte baking powder.
Sweet milk and baking powder, for baking	Equal amount of sour milk plus ½ teaspoon soda per cup. (Each half teaspoon soda with 1 cup sour milk takes the place of 2 teaspoons baking powder and 1 cup sweet milk.)
1 cup sour milk, for baking	1 cup sweet milk mixed with one of the following: 1 tablespoon vinegar. Or 1 tablespoon lemon juice. Or 1¾ teaspoons cream of tartar.
1 cup whole milk	½ cup evaporated milk plus ½ cup water. Or 4 tablespoons dry whole milk plus 1 cup water. Or 4 tablespoons nonfat dry milk plus 2 teaspoons table fat and 1 cup water.
1 cup skim milk	4 tablespoons nonfat dry milk plus 1 cup water.
1 tablespoon flour, for thickening	½ tablespoon cornstarch, potato starch, rice starch, or arrowroot starch. Or 1 tablespoon granulated taploca.
1 cup white flour, for baking	⅞ cup whole wheat flour. Or measure 1 cup whole wheat flour, then dip out 2 tablespoons.

Equipment

3 teaspoons	15 ml = 1 tablespoon	15 ml
4 tablespoons	60 ml = ¼ cup	60 ml
5⅓ tablespoons	70 ml = ⅓ cup	79 ml
8 tablespoons	118 ml = ½ cup	118 ml
16 tablespoons	237 ml = 1 cup	237 ml
1 fluid ounce	30 ml = 2 tablespoons	30 ml
8 fluid ounces	237 ml = 1 cup	237 ml
16 fluid ounces	473 ml = 2 cups / 1 pint	473 ml
32 fluid ounces	946 ml = 4 cups / 1 quart	946 ml



Food

1 cup butter or margarine	237 ml	= ½ pound	227 g
1 cup Cheddar cheese grated	237 ml	= ¼ pound	114 g
1 cup eggs	237 ml	= 4-5 whole eggs or 8 egg whites or 12 egg yolks	
1 cup all-purpose flour	237 ml	= ¼ pound	114 g
1 envelope of gelatin (unflavored)		= ¼ ounce or 1 tablespoon	7 g 15 ml
1 cup lard or solid vegetable fat	237 ml	= ½ pound	227 g
1 medium lemon (juice)		= 1½ fluid ounces (3 tablespoons)	45 ml
1 cup chopped nut meats	237 ml	= ¼ pound	114 g

Dry Measure

0.035 ounces	1 gram	g
1 ounce	28.35 grams	g
1 pound	453.59 grams or 0.45 kilograms	kg
2.21 pounds	1 kilogram	kg

Liquid Measure

1 teaspoon	4.9 milliliters	ml
1 tablespoon	14.8 milliliters	ml
½ cup	118.3 milliliters	ml
1 cup	237 milliliters	ml
1.06 quarts	1000 milliliters or 1 liter	ml

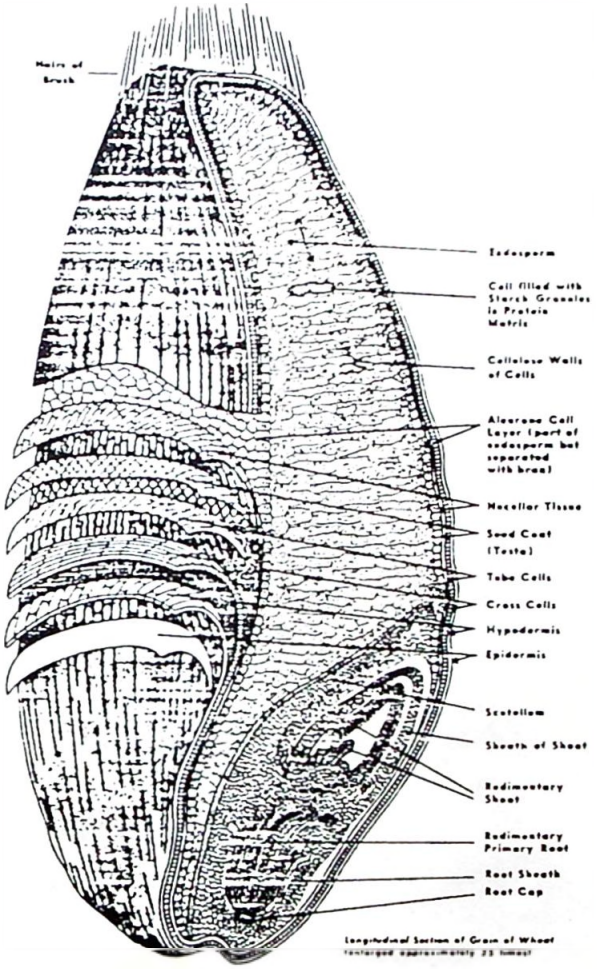
Everday Use With The Metric System

Food		
Milk	1 liter	1.06 quarts
Butter	1 kilogram	2.2 pounds
Lemon juice	1 gram	0.035 ounces
Flour	1 liter	4.23 cups
Sugar	1 milliliter	0.067 tablespoons
Salt	1 milliliter	0.203 teaspoons
Water	1 liter	2.1 pints
Distance	1 centimeter	0.4 inches
	1 meter	3.3 feet
	1 meter	1.1 yards
	1 kilometer	0.6 mile
Area	1 sq. centimeter	0.16 sq. inch
	1 sq. meter	1.2 sq. yards
	1 sq. kilometer	0.4 sq. mile
	1 hectare	2.5 acres
Temperature	0 degrees Celsius	32 degrees Fahrenheit
	37 degrees Celsius	98.6 degrees Fahrenheit
	100 degrees Celsius	212 degrees Fahrenheit

Clothing	**Metric Size**	**U.S Size**
Women		
Dresses	38	10
	40	12
	42	14
	44	16
Stockings	2	9
	4	10
	6	11
Shoes	35	5
	36	6
	38	7
Men		
Shirts	35	14
	37	15
	40	16
Socks	25.5	10
	28	11
	29.25	11½
Shoes	41	8
	44	10
	46	12

Measuring cups will most likely show both ounces and grams or cups (and their fractions) and milliliters:

1 cup	250 milliliters(ml)
¼ cup	62-½ ml
1 teaspoon	5 ml
1 tablespoon	15 ml
1 pint	0.47 liter (l)
1 quart	0.95 l
1 gallon	3.8 l
1 liter	2.1 pint
1 liter	1.06 quart
1 liter	0.26 gallon



Longitudinal Section of Grain of Wheat
enlarged approximately 25 times

Elements of a Kernel of Wheat

Minerals:

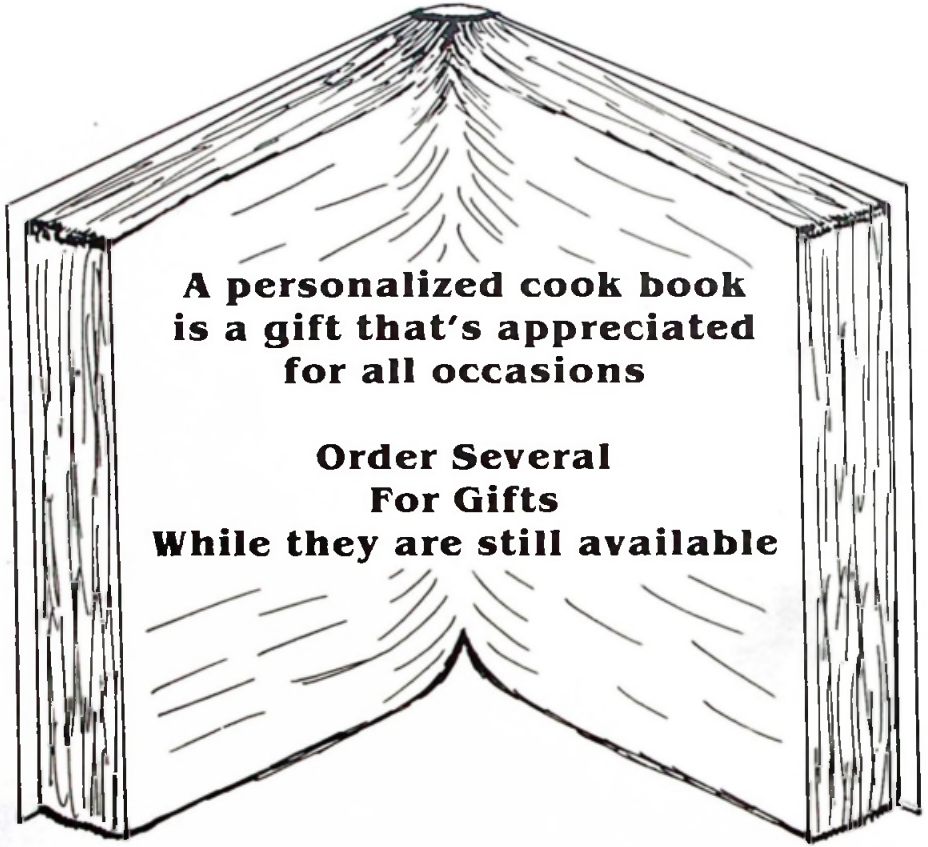
Calcium	Molybdenum
Iron	Zinc
Phoaphoeoua	Flourine
Magnesium	Chlorine
Potassium	Sodium
Manganese	Silicon
Copper	Boron
Sulphur	Barium
Iodine	Silver
Selenium	Other Trace Minerals

Vitamins:

Vitamin A	Riboflavin B_2 or G
Vitamin C	Inositol
Vitamin E	Pantothenic acid
Biotin or H	Niacin
Pyridozine B_6	Folic Acid
Thiamine B_1	

Other Known Elements:

Protein
Gluten
Vital Gluten
High-fiber Content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